

WAS PIPPA PACKING HEAT? {page 09}

metro®



Max 77°
Min 48°

NEW YORK
Tuesday, April 17, 2012

Affordable
Art Fair

New York City
April 18–22, 2012
7W New York
7 West 34th Street, NYC
www.affordableartfair.us

NYPD begins Occupy arrests on Wall Street

► Police arrest five protesters who had been camping out ► But law says sleeping on sidewalks is OK ► OWS vows their ranks will swell, seek shelter at Federal Hall {page 02}

DEBORA POO SOTO



► NYPD officers arrest a protester outside the New York Stock Exchange at 6 a.m. yesterday.

Metropolitik

Romney leads 2012 race, no it's Obama!

► Dueling polls tell pair of conflicting tales ► Expect the nasty campaign nonsense to last all summer long {page 08}

Start your hair with a bang

Get your hair out of your face and make a bold statement while doing so {page 13}



club metro **green festival**
A PRODUCT OF GREEN AMERICA • GLOBAL EXCHANGE
WIN VIP TICKETS TO THE NEW YORK GREEN FESTIVAL AT THE JAVITS CENTER
Log on to www.metro.us/newyork/clubmetro for your chance to win!
Sign up for Club Metro and stay in the loop to win great prizes and receive special offers!

IF YOU CAN'T MAKE IT HERE, GET OUT
THE TOUGH LOVE GUIDE TO NEW YORK CITY LIVING

By Jane Potter and G.E. Feldman MD, MBA, MPH, MHA

See our ad on page 11

1

In the news

Firefighter dies after blaze

A 17-year veteran of the FDNY died yesterday in the line of duty in Bushwick. Brooklyn Borough President Marty Markowitz said that Lt. Richard Nappi died while fighting a warehouse blaze on Flushing Avenue. Nappi, who lived in Farmingdale, N.Y., left behind a wife and two children, Markowitz said. Several other firefighters were also injured in the afternoon blaze.

● METRO/AB

In the news

**Pulitzer critic**

Queens Councilman Peter Vallone Jr., criticized the Pulitzer Prize Committee for its decision to give the AP a Pulitzer for its coverage of how the NYPD spies on Muslim communities. "Wow, they got an award for breaking the news that the NYPD keeps communities where terrorists come from under surveillance?" Vallone told Capital New York.

● METRO/CB



▶ Samuels

Former Mets clubhouse manager banned

QUEENS. Charlie Samuels, the former longtime clubhouse manager for the New York Mets, was sentenced yesterday after he admitted to stealing more than \$2 million worth of memorabilia from the team.

In February, Samuels confessed in Queens Criminal Court he had stolen almost

\$2.3 million worth of on-field and game-used Mets memorabilia and collectibles, including autographed jerseys, bats and baseballs. He also evaded paying city and state taxes on the gear.

Yesterday, a Queens Supreme Court judge formally sentenced Samuels to five

years' probation. As part of his guilty plea, Samuels agreed to pay \$75,000 in back taxes and restitution, including \$25,000 to the Mets.

In a final twist, Samuels is banned not only from Citi Field in Queens, but also from the New York Mets' minor league park in Brooklyn, and

their spring training facility in Port St. Lucie, Florida.

"He had a baseball fan's dream job, but allowed greed to get in his way," said Queens District Attorney Richard Brown.

"He's now lost his job and his reputation," he said.

● METRO/CB



Second Avenue subway worker pinned

UPPER EAST SIDE. A construction worker on the Second Avenue Subway project was pinned under a piece of concrete yesterday, according to the New York Post. The chunk of concrete fell from a piece of machinery and onto the worker's leg, trapping him, according to the report. The accident happened at Second Avenue at 86th Street at about 12:45 p.m. The man screamed for help until he was freed by emergency workers. He was treated for non-life-threatening injuries.

● METRO/CB

High-ranking cops accused of racism

BROOKLYN. Two high-ranking NYPD supervisors are accused of treating African-American suspects "like animals," according to an explosive report in the New York Daily News. The allegations came out as part of a federal discrimination lawsuit filed by Detective Debra Lawson. Lawson filed the suit saying that minority members of her unit were passed over for good assignments and promotions. ● METRO/CB

Occupy Wall Street seeks shelter at Federal Hall

▶ Five protesters charged yesterday after weeklong nightly sleepovers
▶ Activists say they were unlawfully arrested ▶ OWS vows to stay on Wall Street, say they are protected under the statue of George Washington

Protesters with Occupy Wall Street sought refuge from the NYPD yesterday on the steps of Federal Hall, a historic city landmark which also happens to be federal property — and out of the NYPD's jurisdiction. A police officer told Metro yesterday the NYPD cannot make arrests at Federal Hall unless federal officials ask them to.

Their move comes after five protesters were arrested at 6 a.m. yesterday after sleeping on the nearby sidewalk overnight.

These were the first arrests since protesters began camping with sleeping bags and blankets near the New York Stock Exchange last week under a 2000 court order that allows sleeping as a form of protest, so long as half the sidewalk is still accessible for pedestrians.

As Wall Street workers began filtering to work Monday at 6 a.m., police told protesters they could not sit, lay down, or obstruct sidewalk traffic. One officer picked up a cardboard sign that belonged to Conner Hicks, who tried to pull it back before he was arrested.

"I think it's completely unfair. I feel like I have a right to make a sign," said Hicks, who returned to Federal Hall upon his release from police custody. "All of us have a right to be here and stand up for what we feel is right."

Police said the five protesters face charges including harassment and violation of local law, though they would not provide details of the circumstances leading to the arrests.

"The NYPD makes up the law as they go," protester Jack Amico, 23, told Metro. "They lie ... and they falsely arrest people."

At about 5 p.m., a park ranger outside Federal Hall used a bullhorn to alert OWS that their new campsite was closing, and asked that they do not sleep on the steps.

NYPD officers stood nearby in groups and police vans lined the streets.

Prominent civil rights attorney Norman Siegel, who played a major role in litigating the legal case that begat the law that protects public sleeping in protest, said he was reviewing footage of the arrests and may assemble a legal team to fight the charges.

"It's questionable why after a week, they all of a sudden said they couldn't be there. It's all suspect," Siegel said.



CASSANDRA GARRISON
cassandra.garrison@metro.us

Can protesters sleep on the sidewalks?

The court order stemmed from a tenants' advocacy group where protesters slept on the sidewalk to symbolize homelessness. In 2000, the U.S. District Court ruled that the city cannot prevent people from using public sleeping as a form of protest, as long as the gathering is orderly. ● METRO/CG



▶ Occupy Wall Street set up camp at Federal Hall yesterday.

Protester claims NYPD threatened to take his dog

Protester Jack Amico said police have become so strict with Occupy members, that officers even harassed him by threatening to have his dog taken from him. Amico said his leashed puppy, Ava, was sleeping on the sidewalk at his feet when officers told him he would have to hold her in his arms because it is illegal for pets to

sleep on the sidewalk. "I was threatened that they would call the ASPCA because she doesn't have



her shots yet," Amico said. "I told them the law states you don't have to have an animal's shots until they are six months of age and (she) is three and a half months. He said, 'You can't prove that.'" ● METRO/CG

SHEN YUN 神韻晚會 2012



REVIVING
5,000 YEARS OF
CIVILIZATION



WORLD'S PREMIER CLASSICAL CHINESE DANCE COMPANY

UNIQUE ORCHESTRA BLENDING CHINESE & WESTERN INSTRUMENTS

EXQUISITE COSTUMES & BREATHTAKING BACKDROPS

New York-based company, reviving authentic Chinese culture

Limited seating available

Buy your tickets now.

Last chance to see Shen Yun 2012 program.



An art form tempered over thousands of years

Classical Chinese dance has helped preserve 5,000 years of Chinese culture. Built on traditional aesthetics, it was once passed down among the people, in imperial courts, and through ancient plays. Over thousands of years, it was constantly refined, eventually developing into the vast and distinctly Chinese dance form we know today.

Classical Chinese dance has its own training in basic skills, physical expression and postures, leaps, flips, spins and other difficult tumbling techniques, forming an extensive and independent dance system. Richly expressive, it portrays personalities and feelings with unparalleled clarity, depicting any scene in a strikingly vivid way.

**“An extraordinary
experience...**

exquisitely beautiful.”

— **Cate Blanchett**, Academy
Award-winning actress



APRIL 18-22 LINCOLN CENTER

DAVID H. KOCH THEATER

SHOWS & TICKETS

Wed. APRIL 18, 7.30pm	Sat. APRIL 21, SOLD OUT
Thu. APRIL 19, 7.30pm	Sat. APRIL 21, SOLD OUT
Fri. APRIL 20, 7.30pm	Sun. APRIL 22, SOLD OUT

Ticket prices: \$200, \$180, \$150, \$120, \$100, \$80

Tickets: **800-818-2393**
ShenYun2012.com/NYC

Mortgage rates are the lowest in decades!
Prices have never been more attractive!

WHY RENT?

There's never been a better time to buy!

*And, as an owner, you can save \$1000's in income taxes!
Home mortgage interest and taxes are deductible!*

**ACT NOW AND RECEIVE A
\$5,000 CASH REBATE
AT CLOSING!**



The Homestead \$273,900 Complete • \$9,600 down

- \$1,895.28 mo. w/taxes and insurance • 4 bedrooms • 2 1/2 baths • Loft
- Dining Rm • Living Rm • Huge Kitchen • 2 car Garage • Central Air & Heat
- Gas Appliances • Whirlpool • Large Yard • Landscaping • 3,392 Sq. Ft.



The Country Home \$199,900 Complete • \$7,000 down

- \$1,418.17 mo. w/taxes and insurance • 4 large bedrooms • 2 1/2 baths
- Family Rm • Dining Rm • Central Air & Heat • Gas Appliances • Whirlpool
- Large Yard • Landscaping • 2,581 Sq. Ft.



**EZ COMMUTE EXPRESS
BUS SERVICE**
• 90 MIN. TO NYC
**BUSIEST BUILDER
IN THE POCONOS**

Call Toll Free

1-800-276-4000

www.classicqualityhomes.com

Hours: Mon. thru Sat. 9am to 5pm

* \$MONTHLY PAYMENTS BASED ON YEAR FIXED RATE MORTGAGE AT 4.85 %.

Elevator deaths often follow human error

GETTY IMAGES/HEMERA



► Cities like Los Angeles and Detroit require elevator mechanics to be licensed, as do 36 other states, but New York does not.

Most elevator accidents that occur in New York City are caused by human error, and happen in elevators that were recently repaired, city officials revealed yesterday.

At a Council hearing pushing for tougher elevator safety regulations, Department of Buildings Commissioner Robert LiMandri said 19 people have died in elevator accidents since 2003. Most of the accidents were caused by human error during a recent repair, he said.

The hearing followed several deaths, including that of Suzanne Hart, 41, who was crushed to death in December when her Midtown office elevator shot up suddenly. After Hart's death, a Buildings Department investigation blamed

maintenance work that disabled a safety device.

A mechanic was also fatally electrocuted while working on an elevator in March.

LiMandri told the Council he supports a city bill that would require elevator mechanics to be licensed.

"We know we have to target the people that are doing the work," LiMandri told reporters after the hearing. "We need to make sure they're qualified."

Supporters of the bill, proposed yesterday, are pushing to

require every elevator mechanic in the city to be licensed under a city-mandated test.

Bronx Councilman James Vacca pointed out that workers like plumbers and electricians are required to have licenses. Even "porn dealers are licensed," he said.

Queens Councilman Peter Vallone chimed in that under the regulations now, "My cousin Vinny could be inspecting the elevator in your building."

LiMandri said he supports licensing. "So that when you walk into an elevator, you know that the person who was in there five minutes before is trained."



ALISON BOWEN
alison.bowen@metro.us

12

So far this year, the DOB has recorded 12 elevator accidents.



WILLIAM ALATRISTE

► DOB Commissioner Robert LiMandri spoke yesterday.

10 percent of US elevators here in city

NEW YORK. An estimated 10 percent of the country's elevators — about 60,000 — are in New York City. And lifts here are 14 to 17 times more likely to be in accidents than

in states where mechanics are licensed, Councilman James Vacca said yesterday. "New York City has some of the strictest inspection requirements in the country. That said, it does not have the strictest requirements for mechanics," said DOB Commissioner Robert LiMandri. ● **METRO/AB**

Not all are in agreement

NEW YORK. Nicholas La Guardia, director of the Joint Committees of the Elevator Industry, a group of elevator mechanics, called the legislation "a recipe for disaster." He said mechanics already face strict requirements, and added that technicians on serious jobs would likely have met requirements to be licensed already.

"The licensure of all mechanics would not have prevented these accidents," he said. "It would only provide a false sense of security to the riding public."

● **METRO/AB**

2 DAYS ONLY!

BUYING 2 DAYS ONLY!

FOR IMMEDIATE CASH

2 DAYS ONLY!



THIS WEEK

TOMORROW WEDNESDAY, APRIL 18th & THURSDAY, APRIL 19th!

Starts tomorrow at these 2 convenient locations: The Hilton New York and The Marriott Brooklyn Bridge.

Jewelry, Gold & Silver Bars, Watches, Coins, Precious Metals, Sterling Silver and Diamonds!

WHY NOW IS A GOOD TIME TO SELL! The economic downturn of the last few years has caused the price of gold, silver and many commodities to their highest levels in over 30 years. This is the best time in decades to sell your unused gold, silver, platinum and diamond jewelry at the highest prices ever.

DIAMONDS

Instant Cash For:

1/4 Carats	Up To	\$375
1/2 Carats	Up To	\$1,500
1 Carats	Up To	\$4,250
2 Carats	Up To	\$15,250
3 Carats	Up To	\$20,000
4 Carats	Up To	\$35,000
5 Carats	Up To	\$43,000
6 Carats	Up To	\$55,000

We Need Larger Diamonds! 2 Carats and Up!

We buy all shapes, sizes & styles of cuts. Also diamonds with or without GIA certificates as well as old miners and European cuts
Bring your items in for a **FREE EVALUATION!**

STERLING SILVER

All Time Periods,
Kinds & Types

We will pay up to for the following:

Centerpieces.....	Up To ...	\$3,500
Claret Jugs.....	Up To	\$750
Full Flatware Set	Up To ...	\$8,500
Punch Bowls & Sets	Up To ...	\$5,000
Single Flatware Items.....	Up To	\$750
Tea Sets	Up To ...	\$5,000
Trophies	Up To ...	\$1,500

We Buy Any Type of Sterling Silver!

We purchase sterling silver of all types and makers. Rare and unusual items command the highest prices.

SILVER DOLLARS

Wanted Rare Dollars!

United States		
1794 to 1803	1840 to 1873	1878 to 1904
1836 to 1839	Trade Dollars	1921 to 1935

Your Coins Could be Worth Up To Hundreds — Even Thousands!

Check your items to see if you own any of these valuable coins:

1798 15 Stars obverse.....	Up To	\$25,000
Gobrecht reeded edge dye alignment.....	Up To	\$5,500
1873CC Liberty Sealed.....	Up To	\$5,500
1878CC.....	Up To	\$15,500
1889CC.....	Up To	\$13,000
1928.....	Up To	\$5,500

FINE JEWELRY

All Kinds, Time Periods & Types

We will pay UP TO the following for rare & collectible jewelry:

Silver Jewelry.....	\$750	Art Deco.....	\$13,000
Brooches	\$15,500	Cuff Links.....	\$1,000
Pendants	\$8,000	Pins.....	\$5,500
Necklaces	\$26,000	Rings.....	\$16,000
Cocktails Rings.....	\$15,500	Art Nouveau.....	\$12,500
Charm Bracelets.....	\$5,500	Lavalieres.....	\$8,000
Earrings.....	\$10,500	Garnets Jewelry.....	\$1,000
Bracelets.....	\$13,000	Bakelite Rings.....	\$750
Cameos.....	\$750	Floral Design.....	\$10,500
Victorian.....	\$10,500		

We need your jewelry items!

Bring in your unwanted jewelry in any condition for a free evaluation and a cash offer today!

We pay more for rare items.

Many more items not listed accepted!

GOLD COINS

Wanted Rare Gold Coins!

United States		
*\$1.00 1849 to 1889	*\$5.00 1795 to 1833	*\$10.00 1795 to 1804
*\$2.50 1796 to 1834	*\$5.00 1834 to 1838	*\$10.00 1839 to 1932
*\$2.50 1840 to 1929	*\$5.00 1839 to 1908	*\$20.00 1850 to 1933
*\$3.00 1854 to 1889	*\$5.00 1908 to 1929	

Your Coins Could be Worth Up To Hundreds — Even Thousands!

*Check your items to see if you own any of these valuable coins:

\$1.00 1849C.....	Up To	\$10,500
\$2.50 1796 Capped Bust large left side	Up To	\$18,000
\$2.50 1841 Quarter Eagle Liberty Head	Up To	\$5,000
\$3.00 1854D.....	Up To	\$10,500
\$5.00 1838D.....	Up To	\$10,500
\$5.00 1842C Small Date, 1861D, 1864S.....	Up To	\$6,500
\$5.00 1909O, 1929	Up To	\$6,500
\$10.00 1859O, 1863S, 1875	Up To	\$8,000
\$20.00 1856O, 1854O, 1860O, 1861S, 1870CC, 1886, 1891	Up To	\$10,500

Satisfied Customer Testimonials

Really like it here! Everyone is very kind, great atmosphere. I have been back 4 times!

— C. Pace

I have been here 2 times and both times the people that work here were very friendly. I would

definitely recommend this to my friends!

— J. Grace

It was really fast!

— A. Davis

I heard about this store from the radio and as soon as I got

the chance I came to sell my unused jewelry. It was a great & friendly service and I will be back!

— J. Simek

My service was exceptional!

— C. Sweeney



Free Admission • No Appointment Necessary
Safe & Secure • Onsite Security

www.rapidcashforgold.com



GOLD

All Types Needed.
Instant Cash For:

Pay up to for the following:

Chains & Necklaces.....	Up To.....	\$250
Class Rings.....	Up To.....	\$500
Charm Bracelets.....	Up To.....	\$5,500
Wedding Bands	Up To.....	\$250
Mountings.....	Up To.....	\$750
Antique Items.....	Up To.....	\$5,500
Single Flatware Items.....	Up To.....	\$750
Dental Gold Items.....	Up To.....	\$500
Coins & Bullion.....	Bring for quote	
Scrap Gold.....	Bring for quote	

We Buy Anything Made of Gold or Platinum, Even Broken or Damaged!

WANTED ALL SILVER COINS

1964
or
Prior

Our staff is courteous and professional and we strive as a company to make your selling experience a pleasant one.

WRIST & POCKET WATCHES

All Kinds, Time Periods & Types

Rare Watches Worth a Fortune in Cash! Pay up to for the following:

Ball	\$4,000	Hamilton.....	\$500	Ulyssee Nardin.....	\$10,000
Breitling.....	\$15,000	Illinois.....	\$1,500	Chronograph Watches	\$16,500
Cartier	\$12,500	Jules Jurgenson	\$16,000	Ladies Watches	\$11,000
Corum	\$3,000	LeCourte	\$6,000		
Ditshiem	\$14,000	Longines	\$13,000		
Dudley	\$11,500	Movado	\$2,500		
E. Howard & Co.....	\$12,000	Omega	\$2,500		
Elgin	\$750	Rolux	\$16,000		
Frodsham.....	\$12,000	Seth Thomas	\$1,500		
Gallet.....	\$1,250	Tiffany & Co.	\$15,000		

PLEASE NOTE:

We also purchase watches that are NOT in working order.

Breitling
Up To \$15,000Rolex - All Kinds
Up To \$16,000Tiffany & Co.
Up To \$15,000Cartier
Up To \$12,500Longines
Up To \$13,000

Our Aim is to Beat Most Offers!

We Strive to Beat All Legitimate Written Offers

Before Bringing your items to us, take them to other dealers. Have them give you legitimate offers in writing. Then bring your jewelry and written offers to one of our locations. Although no one can guarantee with certainty they are paying the highest price for an article at any particular time, we will strive to beat most legitimate written offers.

A Note Regarding the Up To Prices listed in this Ad

The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if

an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth \$7,000 in new condition or less than \$20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.

Customer Satisfaction

Most of our business comes from satisfied customers and referrals which includes their friends and families. Our staff is courteous and professional and we strive as a company to make your selling experience a pleasant one.

2 DAYS ONLY! TOMORROW AND THURSDAY AT THESE LOCATIONS!

Tomorrow Wednesday, April 18th: 11AM-6PM
Thursday, April 19th: 11AM-6PM

THE HILTON NEW YORK HOTEL
1335 Avenue of the Americas, New York, NY 10019
(6th Ave between 53rd & 54th St)
CONCOURSE H

Tomorrow Wednesday, April 18th: 11AM-6PM
Thursday, April 19th: 11AM-6PM

MARRIOTT BROOKLYN BRIDGE
333 Adams St., Brooklyn, NY 11201
(Between Tillary & Willoughby St)
FULTON FERRY SUITE

Trial starts for man accused of 2009 subway bomb plot

The trial for one of three Queens men accused of planning a 2009 suicide attack on the city's subway system began yesterday in Brooklyn federal court.

Adis Medunjanin, 27, and two other New York men were recruited by Adnan Shukrijumah, one of al Qaeda's top operatives, for a planned bombing of subway lines in Manhattan in 2009, according to the U.S. government. The two other men, Najibullah Zazi and Zarein Ahmedzay, pleaded guilty in 2010.

The men wanted to do it around the eighth anniversary of the Sept. 11, 2001, terrorist attacks, prosecutors said. Ahmedzay and Zazi, like Medunjanin, lived in Queens.

All three have been held in custody since their arrests.

"In September 2009, three men were prepared to strap bombs to their bodies and walk into crowded subway cars," Assistant U.S. Attorney James P. Loonam told jurors in federal court in Brooklyn yesterday. "These men came so close, within days, of carrying out this act before they were stopped."

Medunjanin was taken into custody after a Jan. 7, 2010, incident in which he swerved his silver Nissan Altima into another vehicle at more than 90 miles an hour, followed by government agents, on an expressway in Queens, prosecutors said. Shortly before he crashed his car, Medunjanin

dialled 911 and screamed in Arabic, "We love death more than you love your life," according to the government. The crash occurred about an hour after law enforcement officers left his home in the Flushing neighborhood of Queens following the execution of a search warrant for his passports.

"Mr. Medunjanin never planned to bomb the New York City subways," defense attorney Robert C. Gottlieb told the jury. "He never joined any plan to go to Afghanistan to kill members of the United States military."

U.S. District Judge John Gleeson is presiding over the trial, which may last about three weeks. **BLOOMBERG**



► Adis Medunjanin, third from left, is shown in this courtroom sketch. Medunjanin is an alleged associate of Afghan immigrant Najibullah Zazi and both were charged with planning an al Qaeda-linked plot in 2009.

Shoe bomber will testify

A Briton convicted of plotting with "shoebomber" Richard Reid to carry out a suicide bomb attack on an aircraft has had his jail term reduced after striking a deal to give evidence at Medunjanin's trial.

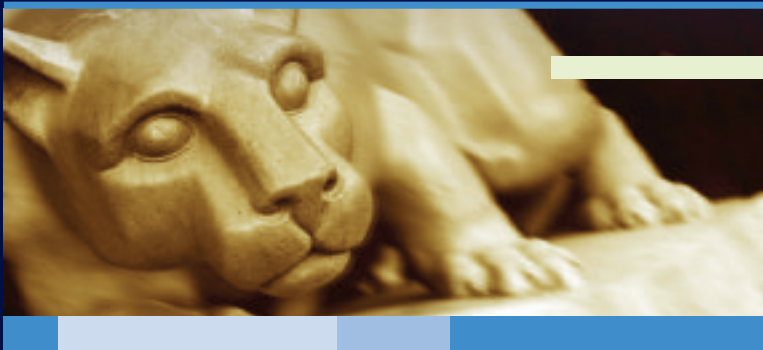
after he agreed to testify at the trial of Medunjanin, as well as at trials for other suspected al Qaeda militants.

Saajid Badat, 33, was convicted in Britain in 2005 of conspiring with Reid to blow up planes in simultaneous attacks and was sentenced to 13 years in prison.

Britain's Crown Prosecution Service said yesterday his jail sentence had now been shortened to 11 years

REUTERS

PENN STATE | ONLINE



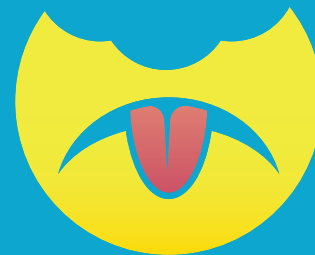
Earn your Penn State degree online

- Choose from more than 70 online degree and certificate programs in business, education, health, and more.
- Study where and when it's convenient for you, through the flexibility of online education.
- Earn a credential that is valued in the workforce and highly regarded by employers.

PENNSTATE
World Campus

www.worldcampus.psu.edu/metro11

U.Ed.OUT 12-0084/11-WC-0058edc/jms/sss



Are foods making you **sick** or **fat**?
Find out with our one-of-a-kind blood test.



weight problems
skin conditions
digestive disorders
migraines
chronic fatigue
ADHD
aching joints
arthritis
and many more

Take our unique blood test that can change your life.

Learn exactly which foods your body digest (this is a food sensitivity test, not an allergy test).

Program includes medically supervised meal planning, exercise, and nutritional guidance.

We work with:



Call us now at **(212) 346-2030**

Dr. Gazelle Craig D.O. - Financial District - 130 William Street Suite 903 NYC 10038

Accessible by 1 2 3 4 5 6 A C E J Z

Tests are not covered by Medicare, Medicaid, HMO plans, or Worker's Comp.

Copyright© 2012 NY Wellness Solutions, Inc. | Deductibles and co-pays apply.

Physics student Justin a finalist in Metro's race to go into space

NICOLAUS CZARNECKI/METRO

Boston resident Justin Dowd has dreamed about going into space since starlight first streamed through his telescope as a little kid.

Now, he might have that chance to soar toward the stars.

Dowd, 22, a fourth-year student at Northeastern University, was chosen as the US finalist in Metro's Race to Space.

"This is just awesome," Dowd said after finding out he beat out thousands of contestants for a chance to launch into space. "I have wanted to go to space my entire life," he said.

Dowd, who is studying physics, first learned about the contest while filling in a Sudoku puzzle while riding the train. Knowing it was a long shot and his chances to win would be slim, he set to work on the application process.

"The reason I study physics is to learn new things about the world," he said. "The more you learn, the wider your views become — and I can't think of a better way to see the world in a new way than to see it from space," he said.

For the contest, Dowd submitted a video discussing "relativity" as it pertains to space.



► Justin Dowd is the U.S. finalist in Metro's Race to Space.

In the animated mini-film, he used more than 3,000 photos of hand-drawn chalk murals in time lapse to animate Albert Einstein's discoveries.

Dowd admitted the prospect of going to space was exciting, but he was equally enthused about the training that takes place prior to launch.

"I would have gone through the whole application process just to go on a fighter jet or the zero-gravity training," said Dowd. "I'm a little bit of adren-

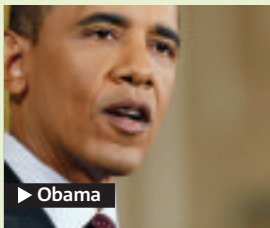
aline junkie."

Dowd and the other finalists from Metro newspapers around the world will now be interviewed, via Skype, by executives at Metro's international headquarters in Sweden. A winner will then be selected to travel into space from a base in Curacao, following an intensive series of training missions in Europe.



STEVE ANNEAR
steve.annear@metro.us

News in brief



► Obama

Obama raised \$53m in March

WASHINGTON. U.S. President Barack Obama's re-election campaign and Democratic groups affiliated with it raised more than \$53 million in March, showing a jump in fundraising over the previous month as the general election gets under way.

More than 567,000 donors gave money to Obama's

cause and 97 percent of the donations were \$250 or less, the campaign said in a video released to supporters.

Fundraising by Obama groups has picked up gradually over the last three months. The campaign and its Democratic allies raised more than \$45 million in February and a combined \$29.1 million in January.

REUTERS

Clemens faces new perjury trial



WASHINGTON. Former baseball pitching ace Roger Clemens arrived in court yesterday for a new trial on charges he

lied to Congress about taking steroids, nine months after a judge stopped his first

trial in its opening days because of a misstep by prosecutors.

The presiding judge said he expected the trial to last up to six weeks. REUTERS

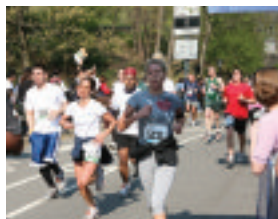
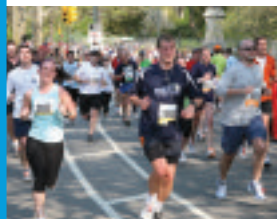
Tobacco companies pay \$6.5B to cover health bills of sick smokers

WASHINGTON. Three of the biggest U.S. tobacco companies said yesterday they have paid a total of \$6.5 billion this year to U.S. states under a 1998 national accord that obliged companies to help cover the health bills of ailing smokers.

Altria's Philip Morris paid \$3.5 billion, said spokesman Steve Callahan. But the Marlboro-maker, which makes the biggest payments, is disputing \$206 million of that sum, and has put that money in escrow. REUTERS

RUN as ONE

LABRECQUE • LUNGEVITY



Join us for the 9th Annual NYC
"Run as One" in Central Park
to benefit lung cancer
research and awareness

April 29, 2012

For more information and registration
visit www.lungevity.org/runasone
email runasone@lungevity.org
phone 312-464-0716

LABRECQUE • LUNGEVITY

Joining together to end lung cancer now!



JPMORGAN CHASE & CO.

Will moms decide next US president?

For complaints, suggestions and digital attaboys, e-mail us at brayden.simms@metro.us.

That sound you just heard may have been the collective screams of whatever remains of the weak-kneed Democratic establishment: The re-election of President Barack Obama is in legitimate trouble, if you take the latest Gallup poll at face value.

(Chill out, Democrats: You know we have no more regard for the Republican coalition. But you can't deny their super-or knee strength!)

According to the Gallup Daily poll released yesterday, Mitt Romney is currently leading Obama among national registered voters by two percentage points, 47 percent to 45 per-

cent. This may not seem like much, but it does constitute a possible electoral deficit for the incumbent president as the heated general election campaign season gets rolling.

For some context, George W. Bush won a very close re-election in 2004 — some say it was stolen, owing to a conservative Supreme Court decision over voting irregularities in Florida, but that's for another day — after leading John Kerry by 4 percentage points in this poll in April of that year. George H.W. Bush, however, lost to Bill Clinton in 1992 after leading the eventual president in the same poll 41 to 26. (The presence of Ross Perot, who grabbed 25 percent in that poll, undeniably complicates analysis of that year.)



► Dueling polls presented two very different pictures of the U.S. electorate yesterday.

Metropolitik



BRAYDEN SIMMS

POLITICAL WORLDLINESS FOR AN IMPOLITE WORLD

@METROPOLITIK

Then there's the CNN/ORC International poll released yesterday, painting a very different picture of the electorate. In that survey, Obama leads Romney by nine points, 52 percent to 43 percent, a fissure fueled largely by the gender gap that's made so many headlines these past few weeks. According to these numbers, women voters favor Obama over Romney by 16 points, furthering the narrative that GOP policy has divided voters by sex and taking some of the wind out of claims that Republicans are winning the "war on women."

What these numbers presage, at the least, is a very close race for the White House in November. Take note, moms.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

GET FED

Read these articles:

- "By Historic Standards, Obama Is In Trouble" BUZZFEED.COM
- "The Dangers of Silly Season" CJR.ORG
- "Romney Hints He'll Eliminate H.U.D." NYTIMES.COM
- "GOP Not Ready to Let Romney Move to the Cen-

- ter Yet" THEATLANTICWIRE
- "Mitt Romney offers wealthy donors a preview" SLATEMAGAZINE
- "Mitt Romney's Hot Mic Moment Reveals His Tax Plan To Be A Mirage" TALKINGPOINTSMEMO.COM
- "Why Did Obama's Bipartisanship Fail?" NYMAG.COM
- "A few states could decide Obama-Romney battle" LATIMES.COM

"It was my early birthday present for someone to be critical of me as a mother. That was a really defining moment, and I loved it."

ANN ROMNEY, WIFE OF MITT ROMNEY, IN NOT-AS-SECRET-AS-SHE-HOPED COMMENTS ON THE MANUFACTURED "WAR ON MOMS" CONTROVERSY, WHEREIN DEMOCRAT HILARY ROSEN ACCUSED THE POSSIBLE FIRST LADY OF NOT WORKING A DAY IN HER LIFE. THE ROMNEYS AND THEIR SURROGATES MADE A BIG STINK OVER THE REMARKS, PAINTING THEM AS AN ATTACK ON STAY-AT-HOME MOMS. IN REALITY, THEY WERE THRILLED. NO BIG SURPRISE THERE. HAPPY BIRTHDAY, ANN!

He said, we said

Skin cancer. Knowledge is power.

Free lecture: Skin cancer. Protection and treatment.

Presented by NYU Cancer Institute, an NCI-designated Cancer Center

Learn the latest about skin cancer detection and treatment, the steps you can take to reduce your risk, surgical management of melanoma and the current trends in treatment. A survivor will share their personal journey with skin cancer and a healthy lunch will be provided after the program. Hosted in recognition of National Melanoma / Skin Cancer Detection & Prevention Month. This program is co-sponsored by Mollie's Fund.

Russell S. Berman, MD
Associate Professor
Department of Surgery
(Surgical Oncology)

Anna C. Pavlick, DO
Associate Professor
Department of Medicine (Oncology)
and The Ronald O. Perleman
Department of Dermatology

Elizabeth K. Hale, MD
Clinical Associate Professor
The Ronald O. Perleman
Department of Dermatology

Survivor Story Moderator:
Deborah Koepfel, LCSW
Senior Social Worker
Supportive Services Program
NYU Clinical Cancer Center

Wednesday, April 18, 2012
11:00 AM to 12:30 PM
550 First Avenue (at 31st Street)
Farkas Auditorium

Please visit www.nyuci.org/rsvp
or call 212-263-2266.

Provide your name, phone number,
the name of the lecture and
number of people attending.

NYU Langone
MEDICAL CENTER

www.nyuci.org • NYUCIcommunityprograms@nyumc.org

DENTAL IMPLANTS



We will
beat or match
any competitor's
legitimate written
estimate

\$395 * +Post
\$595
+Crown
\$795
per Implant Total
\$1,785

*Implant, abutment & crown must be completed at our office to qualify for promotional fees

Speak with your Smile Today! Expires 4/30/12

GRAND OPENING SMITHTOWN

Contemporary Dental Implant Centre



8 Convenient Locations

41st & Madison Avenue • Brooklyn
Valley Stream • Smithtown (Suffolk County)
Massapequa Park • Scarsdale
Rego Park • Wall Street

CT Scan-3D Views of the Jaw now available at our Madison Ave. location.

FREE CONSULTATION
Over 2,000 implants placed each year.

CALL **212-269-9500** TODAY!

Se Habla Español

www.395DentalImplant.com

OPEN 7 DAYS A WEEK

THE WORD

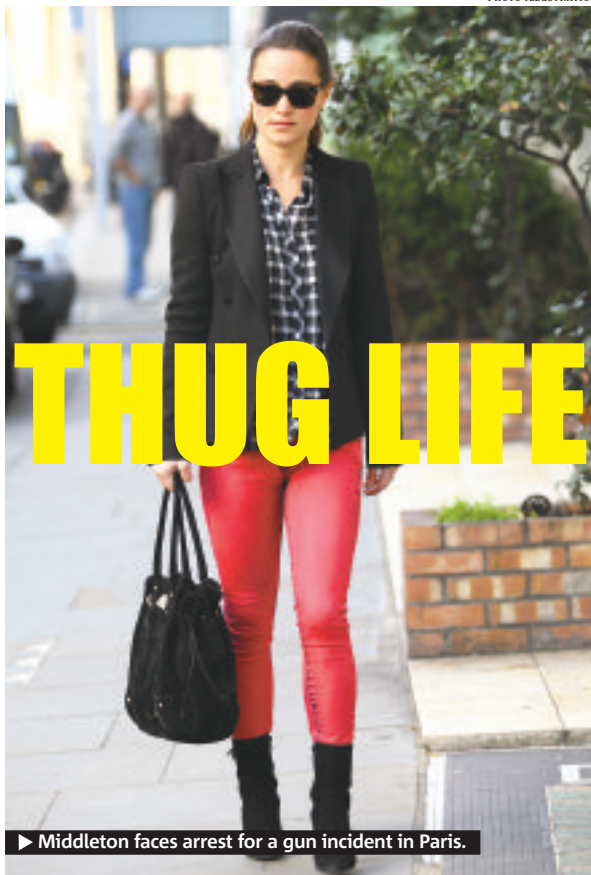
Metro's **Dorothy Robinson** shares her take on the world of gossip [@dorothyatmetro](#) [dorothy.robinson@metro.us](#)

Pippa, get your gun?

Pippa Middleton could face prosecution for her involvement in an incident in which an unnamed male friend brandished a semiautomatic handgun at a photographer in Paris, according to the Sun. A photo taken by the paparazzo shows Middleton — the sister-in-law of **Prince William** — grinning in the passenger seat of a convertible as the driver aims the firearm at the camera. Paris police officials are expected to launch an investigation. "If the evidence points to her involvement, she will be prosecuted. Anybody involved in the illegal use of a handgun in public is liable to arrest and interrogation," a source says, adding that if the gun proves to be real, brandishing it in a public place is punishable by up to seven years in prison "for all parties involved." (Also in the car was Middleton's friend, fashion mogul **Arthur de Soutra**, who sat in the backseat.) If it was a fake gun, the maximum sentence is two years.

Wait. You can get two years in prison for showing off a fake gun in France?

And here I thought their attitudes toward fat people were harsh.



► Middleton faces arrest for a gun incident in Paris.

PHOTO ILLUSTRATION



► A rep for Brad Pitt, left, and Angelina Jolie confirmed they were engaged last week.

Jolie and Pitt: Equal love for all ... kinda

Angelina Jolie and **Brad Pitt** are now engaged to be married, but what about their earlier claims that they would not tie the knot until everyone in the U.S. — including gays and lesbians — had the same right? Looks like they got tired of waiting. But **Rebekah Orr** of Equality California still supports

the famous couple. "Marriage is something that says, 'We're a family' in a way that nothing else can," she tells TMZ. "No one has to deny that for themselves or their family to prove they are an ally and supporter of equality." Besides, Jolie and Pitt have already showed their support several times over, contributing more than \$1 million to the fight against California's Proposition 8, which outlawed same-sex marriage in the state.

Talking points

Segel is in l-o-v-e

Jason Segel is lobbying hard for the title of Most Adorable Boyfriend, as the "How I Met Your Mother" star apparently tapes photos of girlfriend Michelle Williams to the back of his iPhone case, according to the Daily Mail. Segel was spotted carrying the personalized phone in L.A. this weekend. A photo alone would be sweet, sure, but Segel also has the phrase "I love you" scribbled over and over again around the pictures. "They're much



► Happy! Segel!

more serious than everyone thinks," a source says. "They're really happy."

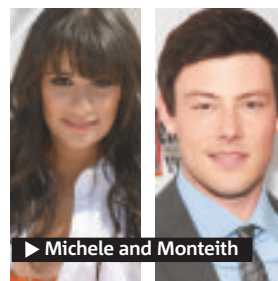
Who's that Efron in the mirror?

Zac Efron admits that after packing on 18 pounds of muscle to play a Marine in "The

Lucky One," he didn't know who was staring back at him from the mirror. "By the end of the movie, I didn't recognize myself," Efron tells Men's Health. "You hear about guys like Christian Bale who dive into it and are really able to transform. I've always wondered if I had the willpower to actually do it. And I'll always have pride around the sense that I can." Efron, who's back to his slimmer 145 pounds, says his secret is a healthier-than-normal work ethic. "I could pick up almost anything. If you put it in front of me, I could always find a way to tackle it," he says. "I was never a natural at anything, but I could always outwork everybody."

The 'Glee' romance: It's on!

"Glee" co-stars **Lea Michele** and **Cory Monteith** took their real-life romance to the Coachella music festival this weekend, according to Us Weekly. Monteith arrived after Michele at a VIP pool party —



► Michele and Monteith

but reportedly made up for his tardiness with some public displays of affection. "He tapped her on the shoulder and she was so excited to see him, she threw her arms around him and they hugged and kissed on the lips," a source reports, adding that the couple then retreated to a private cabana. "Their arms were constantly around each other and they were talking very close. They definitely looked like a couple with how affectionate they were being in public." Michele wasn't shy about her excitement online, either: "I just saw a really hot 6-foot-3 Canadian with a tribal arm band hanging by the pool," she posted to Twitter when he arrived. "So happy."



The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Paris Hilton likes where pop culture is going, Ricky Martin is over-sharing, Sarah Silverman is honestly curious and Seth MacFarlane wishes more people got his references.

@ParisHilton
DJ's are the New Rock Stars!

@ricky_martin
today I'm happy but with the kind of happiness that makes you wanna sleep naked. So 2nite.... naked will B! gd nite everyone ZZzzz

@SarahKSilverman
What if we definitively found out there's no God or Allah or anything? Would there be more killing or less? Discuss

@SethMacFarlane
You guys know who Cecil B. DeMille was? No? Okay, that's okay, I've got a tweet about him but never mind.



Sarah Silverman

Tupac Shakur rises from the dead (in hologram version)

1: David Beckham and his son Cruz Beckham attended the game between the Dallas Mavericks and the Los Angeles Lakers at Staples Center on Sunday in Los Angeles, California.

2: Chicago native John Cusack attended the 2012 Chicago Comic

and Entertainment Expo at McCormick Place on Sunday in Chicago.

3: "Smash" star Debra Messing attended the opening night of "Peter and the Starcatcher" on Broadway at The Brooks Atkinson Theatre on Sunday in

New York City.

4: Beyonce and Jay-Z attended the New York Knicks vs. Miami Heat basketball game at Madison Square Garden on Sunday in New York City.

5: Tupac Shakur was resurrected

more than 15 years after his death in the form of a hologram in order to perform "Come With Me," "Hail Mary" and "Gangsta Party" alongside Snoop Dogg at Coachella Valley Music & Arts Festival on Sunday in Indio, Calif.

6: Actor Paul Reubens, aka Pee-

wee Herman, attended the 10th Annual TV Land Awards at the Lexington Avenue Armory on Saturday in New York City.

1: NOEL VASQUEZ/GETTY IMAGES
2: TIMOTHY HIATT/GETTY IMAGES
3: GARY GERSHOFF/WIREIMAGE
4: JAMES DEVANEY/WIREIMAGE
5: CHRISTOPHER POLK/GETTY IMAGES FOR COACHELLA
6: ANDREW H. WALKER/GETTY IMAGES



WHICH WAY ARE YOU GOING IN 2012?

HOW MUCH CAN YOU LOSE IN 6 WEEKS?

- TOP MD BOARD CERTIFIED INTERNIST-ADMINISTERED WEIGHT LOSS PROGRAM
 - FAST, HEALTHY AND SAFE WEIGHT LOSS
 - PROGRAM IS PERSONALIZED TO YOUR OWN METABOLISM AND LIFESTYLE
 - WE USE LATEST TECHNOLOGY WITH NEW BODY COMPOSITION ANALYSIS (BCA)
 - NEW FAT-BURNING COMPOUNDS
 - 6 WEEK OR 12 WEEK PROGRAMS TAILORED FOR YOU
- ~ ACCELERATED PLANS AVAILABLE ~ PACKAGE PRICES AVAILABLE

*SCHEDULE YOUR \$35 CONSULTATION

TODAY TO FIND OUT HOW MUCH WEIGHT YOU CAN LOSE IN 6 WEEKS

MANHATTAN MEDICAL
WEIGHT LOSS PHYSICIAN

110 EAST 40TH ST., SUITE 606 NEW YORK, NY 10016

(212) 490-7700

MANHATTANMEDICALWEIGHTLOSSPHYSICIAN.COM

Splitting the difference between right and wrong

► In his debut novel, 'When Captain Flint Was Still a Good Man' author Nick Dybek explores the murky waters of morality in a seaside town

Cal, the protagonist in Nick Dybek's new novel, "When Captain Flint Was Still a Good Man," has teen angst, but justifiably. Though his parents are on the brink of separating, domestic troubles are just a sliver of those brewing in his Pacific Northwest village. After the patriarch of the town's founding family dies, the fate of a community reliant on the fishing industry is left in the hands of the man's spoiled son, who has never worked on his father's fleet. Tensions hit a boiling point between the heir and the fishermen, and likewise in Cal's own home. Abandoned and uncertain of his future as the world around him unravels, he forms

unexpected bonds and is forced to make a decision that could jeopardize more than his new friendships. We asked Dybek about the themes of allegiance, morality and destiny in his thrilling debut novel.

Your title refers to "Treasure Island," both a coming-of-age tale and a commentary on moral ambiguity. This accurately describes your novel, too.

When I started to write, I wasn't thinking about "Treasure Island." But it was a book that meant a lot to me when I was a kid. I was writing something that was so far from my own experiences, and bringing in "Treasure Island" is like a point of reference to help me under-

stand [Cal]. Aside from being about fantasy, "Treasure Island" is also about disillusionment. When the narrator Jim Hawkins first meets John Silver and the other pirates, he doesn't realize what they really are. He looks up to them as romantic, larger-than-life figures. There's a parallel with how the narrator of my book sees his father and the other fishermen. **The novel proposes that we're all capable of anything. No matter how hard we try to do the "right" thing, do we inevitably fail?**

That someone could be a good man or a bad man — it's silly. Who makes up these terms of absolute moral value? It's about a person who thinks they're doing what they have

to do, and it may end up hurting others. But in that moment they have their reasons. My first job was teaching at a correctional facility. They wore striped jumpsuits but other than that, there wasn't a real distinction between these "bad people" inside and the "good people" out in the free world. **Those terms are so nebulous: right, wrong, good, bad.** Totally. The title of the book is almost a red herring. It wasn't like Flint one day was a good man and one day was a bad man; his actions expressed who he was in a different way at a certain point.



GINA ANGELOTTI
gina.angelotti@metro.us



► Read our full interview with Nick Dybek online at www.metro.us/books.

His own destiny

The characters struggle with what they can and can't become. When you were Cal's age, was there something you wanted to do that never came to fruition?

I wanted to be a musician. I took a shot playing in rock bands, but I was never very good so I decided I'd better find a way to make a living. I'm

not sure why I thought fiction writing would be a better way to do that. [Laughs] My father is a writer. Writing and books were a prevailing culture in our household. I actually resisted giving into that for a while because it wasn't rebellious. A lot of parents would be like, "No, you're going to law school." That just wasn't the case with mine.

NEWLY CONSTRUCTED SENIOR APARTMENTS FOR RENT

Riverway Apartments LLC is pleased to announce that applications are now being accepted for 114 project based Section 8 apartments now under construction at 230 Riverdale Avenue in the Brownsville section of Brooklyn. This building is being constructed through the Low-Income Affordable Marketplace Program (LAMP) of the New York City Housing Development Corporation and the Senior Housing Program of the New York City Department of Housing Preservation and Development. The size, rent, and targeted income distribution for the 114 apartments are as follows:

# Apts. Available	Apartment Size	Household Size*	Total Annual Maximum Income Ranges**
23	1 Bedroom	1	\$23,240
		2	\$26,560
91	1 Bedroom	1	\$29,050
		2	\$33,200

*Subject to Occupancy Criteria **Income guidelines subject to change

Tenant rent is approximately 38% of Adjusted Gross Monthly Income based on Section 8 guidelines. Rent includes gas for cooking.

Apartments are designated for the Elderly, one of whom must be at least 62 years of age at the time the application is submitted.

Qualified Applicants will be required to meet income guidelines and additional selection criteria. To request an application, mail a SELF ADDRESSED STAMPED ENVELOPE to: Riverway LLC c/o The Wavecrest Management Team, 87-14 118th Street, Richmond Hill, NY 11418, or download from www.riverwayapts.com. Completed applications must be returned by regular mail only (no priority, certified, registered, express, or overnight mail will be accepted) to a post office box number that will be listed with the application, and must be postmarked by 6/15/12. Applications postmarked after 6/15/12 will be set aside for possible future consideration. Applications will be selected by lottery; applicants who submit more than one application will be disqualified. Disqualified applications will not be accepted. A general preference will be given to New York City residents. Current and eligible residents of Brooklyn Community Board 16 will receive preference for 10% of the units. Eligible seniors currently residing in a NYCHA building will receive preference for 20% of the units.



No Broker's Fee, No Application Fee

MICHAEL E. BLOOMBERG, Mayor
New York City Department of
Housing Preservation and Development
Matthew M. Wanibus, Commissioner
New York City Housing Development Corporation
Marc Jahn, President
New York City Housing Authority
John B. Rhee, Chairman
www.nyc.gov/housing



The book
that was 400 years
in the making.

**Based on a major
motion picture -
Soon to be a
true story.**

IF YOU CAN'T MAKE IT HERE, GET OUT

THE TOUGH LOVE GUIDE TO NEW YORK CITY LIVING

By Jane Potter and G.E. Feldman MD, MBA, MPH, MHA

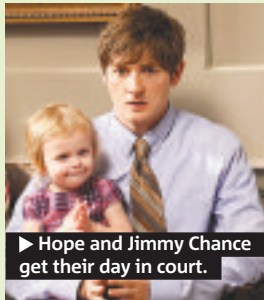
Now available
at **amazon.com**
and **BN.com**

"POWERFUL... PROVOCATIVE...
WAY BEYOND POLITICALLY
INCORRECT. A MUST READ
FOR EVERY WOMAN, MAN
AND CHILD IN THE COUNTRY...
PUT EVERY OTHER SELF-
HELP BOOK TO SHAME."

Emily Olivia Bond,
author of
*The Tough Love Guide
to Self Help Books*

TV watch list

GREG GAYNE



► Hope and Jimmy Chance get their day in court.

‘Raising Hope’

COMEDY. The Chances, dysfunctional as they are, prove they're still a force to be reckoned with when Hope's baby mama — not executed for being a serial killer after all — sues for custody of her child. Courtroom cameos include Jason Lee, Jaime Pressley and Nancy Grace. **Season finale, 9:30 p.m., Fox**

‘Ringer’

DRAMA. Bridget and Andrew

renew their vows — unless Andrew bolts when Bridget comes clean about her secret identity. **Season finale, 9 p.m., The CW**

‘Lidia Celebrates America’

REALITY. We love Lidia Bastianich because of her “everybody's Italian grandmother” demeanor and the yummy recipes she demonstrates on her cooking show, shot in her home. So it's no surprise that she's been invited as a guest to witness wedding ceremonies around the country that observe different cultural customs — and, of course, food. **8 p.m., PBS**

‘The Voice’

REALITY. After contestants have spent weeks under the invaluable guidance of Christina Aguilera, Adam Levine, Blake Shelton and Cee Lo Green, elimination is only so painful because Carson Daly is the one shipping another singer home tonight. **9 p.m., NBC**

● AMBER RAY

Live through this

► Hole drummer Patty Schemel discusses her life and near-death story in new documentary ► ‘Hit So Hard’ details the drug addictions, casualties and redemptions in the explosion of the grunge era

When Patty Schemel brought a box of videotapes over to the house of P. David Ebersol, she thought she was just going to be digitizing the footage that she shot while playing drums for the band Hole.

“While we were dubbing everything, David would ask, ‘What’s going on here?’” Schemel recounts, “And then he made the comment that this was a really great story and that I should do something with it.”

Ebersol was right on both counts. The footage in their new film, “Hit So Hard” catalogs the stormy weather of being in a rock band and includes rare eye-of-the-hurricane moments with Courtney Love and Kurt Cobain. As for the “do something with it” part, under Ebersol’s direction, Schemel unravels a dark thread of her descent into drug addiction and eventual redemption.

“I hadn’t seen a lot of it in so long and so every day I would leave there with a real heaviness,” says Schemel, who has been clean and sober for seven years. What hits so hard about “Hit So Hard” isn’t just the drugs and deaths they led to,

SELF-PORTRAIT/VARIANCE WELLS/WELL GO USA



► Schemel always had her trusty camera on tour.



PAT HEALY
pat.healy@metro.us

but also the ugliness of the music industry. At one point, she is forced out of the band because a producer doesn’t want her playing on “Celebrity Skin,” Hole’s follow-up to their breakthrough “Live Through This” album. When it comes time to filming the video for the first single, they recruit a look-alike to play drums.

“I remember being so out of it at the time, I was like, ‘Really? Maybe I was there!’”

She’s exaggerating. Schemel seems to approach her past

with a healthy perspective. She has been on the cover of Rolling Stone and she has lived on the streets, but she seems to be living very much in the moment. She also retains a solidarity with her former bandmates, all of whom appear in the film.

In interview portions, Courtney Love is candid about the chain of events, even placing some of the blame on herself for Schemel’s departure.

“I think she trusts that I’m not gonna screw her over,” says Schemel.

About a girl

The previously unseen footage of Kurt Cobain is one of the most exciting aspects of “Hit So Hard.” Schemel was initially going to play drums for Nirvana before Cobain auditioned Dave Grohl. But the two remained close, and he was the one who suggested that she play for his wife’s band. Ebersol says this Cobain was a surprise to see on film.

“The vision I had of him before I saw this footage was that

COURTNEY LOVE/VARIANCE WELLS/WELL GO USA



► Cobain, daughter Frances Bean and Schemel

he was just in this tortured mode, sitting in a corner, shot up with heroin and waiting to die,” he says. “But he was a really full person who was creative and loved, and you get to see such a different side because of this.”

NEW TREATMENT AVAILABLE FOR CHRONIC FOOT PAIN

ESWT, also known as Shockwave Therapy is a new non-surgical treatment that uses sound waves to cure the chronic pain associated with plantar fasciitis, heel, arch, and achilles tendon pain.



New & Advanced Treatments

- Minimally Invasive Bunion surgery
- Shockwave therapy for Heel Pain, Plantar Fasciitis, and Tendonitis
- Hammer Toe and Neuroma repair
- Laser surgery for Warts, Scars, and Toenails
- Toe Shortening and Straightening
- Cosmetic foot surgery

Most Insurance & HMO Plans Accepted



MANHATTAN
PODIATRY • ASSOCIATES P.C.

Office Facility Accredited by the Joint Commission



MIDTOWN
133 East 54th Street
212.759.9090

DOWNTOWN
42 Broadway
212.785.1717

UPTOWN
157 East 88th Street
212.722.2424

GRAND CENTRAL
36 West 44th St. (5th/6th ave.)
212.788.7999

Board Certified in Foot & Ankle Surgery

www.relievefootpain.com

Call Today
212-206-1572
www.VadaSpa.com

vada SPA

Hair extensions at Vada!
with over 20 years experience and certifications from Great Lengths and So.Cap USA

Our stylists will make you say: **Vada Makes it Easy!**

TAKE AN ADDITIONAL 15% OFF WITH THIS AD!

- * Micro Braid \$50 per track. Entire head \$300.
- * Heat Bonding \$40 per track. Entire head \$220.
- * Experts using cold fusion *please inquire about its many benefits*
- * Come in for a free consultation
- * Includes shampoo, cut, style and removal of your extensions when you no longer need them

Your hair will be matched up so perfect you will forget that they are extensions!

387 6th Avenue (between Waverly and Greenwich)
info@vadaspa.com • 212-206-1572 • www.VadaSpa.com

DENTAL CENTER

IN THE
CHRYSLER BUILDING
42ND AND LEXINGTON

Invisalign Special

\$3999 for a full treatment
\$2699 for an express treatment

Please call for a consultation appointment.

EMERGENCIES WELCOME
www.kakosiandental.com

888-711-0267

MetLife, Cigna,
Aetna, Delta,
Guardian, etc.

Coverage at 100%
for U.N. Cigna PPO
Members

0% Financing
Available

for a limited time



Mastering the summer fringe

► Rooney Mara's bangs, inspired by 'Girl With the Dragon Tattoo,' were all over the runways in March
 ► But does this look work in hot, sticky weather?

"Cutting in fringe is a great way to change up your look dramatically without chopping all your hair off," says Los Angeles-based hairstylist John Ruggiero, who has worked wonders on the locks of Elizabeth Olsen and Gisele Bündchen. He talks us through how to keep bangs looking cool and fresh as the weather heats up.

1 Go bold

It's been a little while since "Girl With the Dragon Tattoo" hit theaters, but Rooney Mara's hair is just beginning to take off as a trend (as witnessed by all of the blunt-cut bangs in last month's runway shows).

Let's be honest, though: A major part of the appeal is her attitude. "The best way to pull off a really cool fringe like Rooney Mara's is to have that effortless confidence. I'm seeing a lot of different fringe styles right now — straight, wavy, long, short, super-short — but it's all about figuring out which look works best for you and owning it."

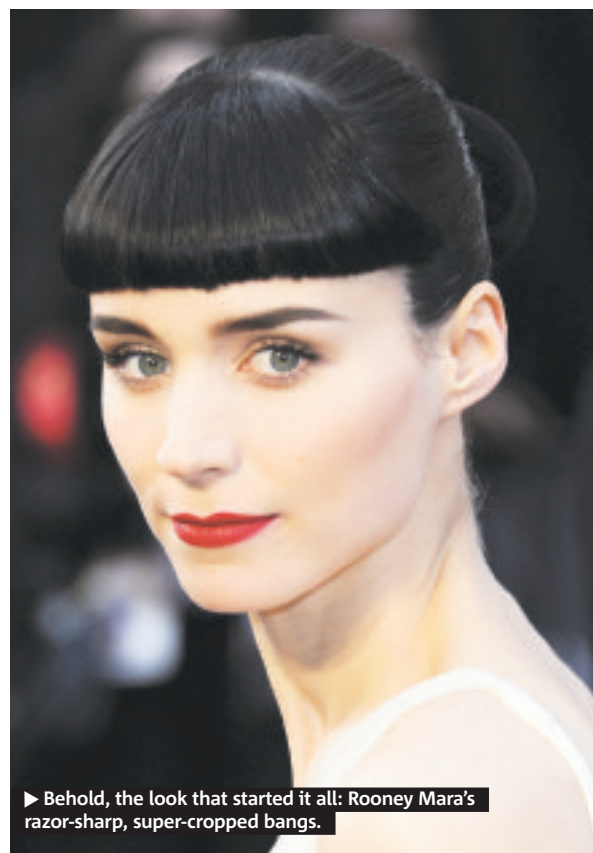
2 Pick your products wisely

Yes, you want your hair to look great, but you don't want to cause forehead breakouts under your bangs. "Always go for a product that is lightweight and

that will protect your hair against heat and humidity. Something like Bumble and bumble Straight Blow Dry cream will work best. And maybe add a light holding spray at the end," Ruggiero adds.

3 Maximize one cut

Turn the most annoying part about wearing bangs — the fast grow-out — into an opportunity to play around with your 'do. "Cut your fringe really short and then let it grow out, getting a trim every four to six weeks," he says. That way you can go super-short one week, and longer and side-swept the next.



► Behold, the look that started it all: Rooney Mara's razor-sharp, super-cropped bangs.

GETTY IMAGES

What to use

Hair products to keep your fringe under control:

- 1. Bumble and bumble Straight Blow Dry, \$28, www.bumbleandbumble.com
- 2. Oribe Impermeable Anti-Humidity Spray, \$38, www.oribe.com
- 3. Frederic Fekkai Smooth Sailing Anti-Frizz Cream, \$25, www.fekkai.com



ROMINA MCGUINNNESS

METRO WORLD NEWS IN LONDON



Varicose Veins?

Varicose veins are not always a cosmetic issue. There are solutions that are covered by most insurance providers.

FREE vein screening

Call today to register!

1-877-863-6873

Thurs, April 19
4pm - 7pm



New York Cardiovascular Associates, PLLC
275 Seventh Avenue, 3rd Floor, New York, NY 10001

AMATEUR NIGHT AT THE APOLLO



BE GOOD OR BE GONE!

Who will be the next Apollo legend? At *Amateur Night*, you tell the performers to be good or be gone!

WEDNESDAY AT 7:30PM

Ticketmaster 800.745.3000
apollotheater.org

APOLLO

sponsored by
Coca-Cola

myspa week

What to expect

The optimal position for prenatal massage is side-lying, as even specialty tables with cutouts for the belly strain the uterine ligaments and increase intra-uterine pressure. Pillows are used to put the client in a position that doesn't create any additional strain.



► Spa Week runs through Sunday. Visit www.spaweek.com for \$50 treatment deals throughout NYC.

MASSAGE FOR TWO

► Reduce physical discomforts associated with pregnancy, like back and joint pain, through massage

Pregnancy can be an exciting time in a woman's life — it's also an achy one, as carrying around that extra weight and fluid puts strain on her back, joints and legs. Booking a prenatal massage is the first step to seeking relief. We asked Alexis Nahoum and Becky Raik, licensed massage therapists and co-owners of the Brooklyn massage studio Melt Massage and Bodywork, what they think women should know before booking a prenatal treatment.

swelling/edema in limbs.

Stress matters

Stress can increase the maternal heart rate and blood pressure, reduce blood supply to the uterus and contribute to a higher incidence of miscarriage and premature birth. A nurturing and soothing massage presents a powerful experience of relaxation and support that benefits both mother and baby.

What to look for in a massage therapist

Although all licensed therapists are qualified to perform prenatal massage, those who are specifically prenatal-certified have additional knowledge and experience. Find someone who will take the time to talk to you about your goals and adjust the session for any complications or specific needs you may have.

● METRO

There are some caveats

Although some therapists prefer not to work on women in their first trimester, prenatal massage can be practiced safely throughout the entire pregnancy up until and even past the due date. It is common for women to book

sessions close to or after their due dates have passed, as working specific acupressure points and promoting relaxation can be an effective and healthy means of stimulating labor. However, it is always good to get any adjunct therapy cleared with your doctor or midwife first, especially if there are any complications.

ESSENTIAL
Skin Care

www.essential-skin.com

Specializing in **Problem Skin**
Licensed Professionals
Introductory Offers!

GRAND OPENING

★ 247 E. 50th St., 2 Fl (btwn 2nd-3rd Ave), NYC ★

Trains: 6, 7, 6 to Lexington Ave. Tel: 212-588-8866



207 E. 14th St., NYC Tel: 212-253-9693

Trains: 4, 5, 6, N, R, Q to 14th St. Union Sq or 1 to 3rd Ave.

"Body Massage + Facial \$99 - Eyebrow / Eyeliner Tinting \$25 - Ear Candeling \$50"

Diamond Microdermabrasion Only \$50
for acne scars, sun damage skin, fine lines, wrinkles, discoloration, blackheads.

Botinal Wrinkle Treatment Reg \$160 \$125
formulated with "Botox® - Like" effect without injection. Effectively reduces the appearance of wrinkles and crow's feet after only one treatment.

Herbal Mini Peel \$145

Experience the power of herbal skin rejuvenation in just one hour. It will improve lines and wrinkles, increase stimulation of collagen production and promotes a firmer skin while it also minimize scars and dark spots.

Acne Treatment w/Glycolic Acid Peel Only \$45

For oily and blemish skin with excessive blackheads/whiteheads, acne scars and discoloration.

Deep Cleansing Facial Reg \$75 \$40

Deep cleans and refreshes all skin types.

Back/Chest Deep Pore Cleansing: \$75/\$35

Back/Chest Glycolic Peel Only: \$55/\$30

Body Slimming Wrap or Salt Glow Special \$50

Sea salt scrub to exfoliate and polish or herbal slimming wrap to move toxins and promote inch loss.

Why you should book a prenatal massage

Prenatal massage is a wonderful way to address the physical and emotional changes a woman experiences throughout her pregnancy. It can relieve common symptoms, such as muscle and joint tension, leg cramping and nerve pain. Its circulatory benefits can increase blood flow, flush out toxins and decrease

SMOOTH IS FIERCE. Expires 4/30/12

VOTED BEST LASER HAIR REMOVAL IN NEW YORK CITY!

LASER HAIR REMOVAL
LASER FACIALS • MICRODERMABRASION • SPIDER VEIN REMOVAL

UNLIMITED LASER HAIR REMOVAL
\$499 PER MONTH

Contact us today for your free consultation with one of our Certified Laser Specialists!

ASSARA
212.956.2691
23 West 45th Street, NYC
Second Fl., Btwn. 5th and 6th Ave
www.AssaraLaser.com

Elite Dental NYC

COSMETIC, RECONSTRUCTIVE & FAMILY DENTISTRY

1 Hour Porcelain Restorations • Fully Digital Practice • Evening Hours

Thomas L. Lovetere, DDS • 315 West 57th St. Suite 206
Rocco DiAntonio DMD, United Healthcare & Delta Dental Provider

212.757.5042
www.elitedentalnyc.com

ELITE DENTAL NYC

Great Career Opportunities
at **XpresSpa**

The Largest Spa Company in the U.S.
with 46 locations exclusively at Airports

IMMEDIATE HIRE

Massage Therapists' and Cosmetologists' at JFK Int'l Airport

*Must be Licensed in New York and be eligible to work in the U.S.

Call us at (212) 750-1191. Ask for Carol.
email: jfk-hr@xpresspa.com | web: XpresSpaCareers.com | fax: 212-750-1015

Health & Beauty

To place an ad call Jennie Klein at 646-792-8039 or email jennie.klein@metro.us

DIRECTORY



How to teach your kids finance skills

Tax season may be ending soon, but that doesn't mean you should shelve chatter with your kids about the almighty dollar.

"It's very important for the youth of today to really understand the importance of money, banking and finance — because no matter what you do in your life, regardless of your future career, you have to deal with money, credit, finance and bill-paying," says TD Bank Regional President Chris Giamo. "Spend as much time with your children to educate them in a practical way."

We got some of TD Bank's tips for teaching your kids financial literacy in a way that won't put them to sleep.

► **Give them an incentive:** "For every XX dollars you save, I'll add XX dollars to your account." Even a dime for every dollar will help them understand the reward.

► **If there is a particular item** your child wants, have him or her cut out a picture of it and post it in a visible place. It will remind your kid of the goal at



► Start encouraging good saving habits at an early age.

hand.

► **Have a family game night** with games like Monopoly Junior, Payday and Life.

► **If you choose to provide an allowance**, turn it into an opportunity to teach your kids about saving, spending and wants versus needs.

► **Encourage and help them** dedicate portions of their allowance to different goals, such as spending, short-term saving for a video game or bike and long-term saving for college or their first car.

Comic book lessons

► To make the subject of money even more fun for kids, download Marvel Comics and Visa's "Avengers: Saving The Day" comic book for free at

www.practicalmoneyskills.com/avengers. Its financial lessons on interest, savings accounts, budgeting and more are woven into an "Avengers" storyline, so your children won't even realize they're learning. There's also a budgeting worksheet to help them get going on their saving. ● METRO/ME

Parenting notes

Eat salad, do good for kids

Your next lunch could help students at one Harlem school take the trip of a lifetime. For every "Telepan School Lunch Salad" ordered at Chop't between today and next Tuesday, \$1 will go toward funding PS 175's fifth-grade class trip to Washington D.C., where the students will get to see the White House Gardens and the White House Kitchen Gardens. The fundraising project is a partnership between Chop't and Wellness in the Schools, a New York City nonprofit that aims to teach schoolchildren about healthy lifestyles. Oh, and about that salad: It's a hearty mix of chicken, jalapeno, red onion, black beans, cilantro and cabbage, with romaine lettuce and a Southwest-style dressing.

Event for parents of ADHD kids

Tonight at 6:30, head to ABC Carpet & Home (888 Broadway) for a conversation between Dr. Frank Lipman, a New York integrative and functional medicine physician, and Dr. Stephen Cowan, a pediatrician specializing in holistic medicine, about the rise of ADHD in children. The talk is free and open to the public; register online at www.abchome.com. ● MEREDITH ENGEL



ADVANCED VARICOSE VEIN

TREATMENTS OF MANHATTAN

CERTIFIED BY THE AMERICAN BOARD OF PHLEBOLOGY

- VNUS Closure
- Foam Sclerotherapy for spider veins
- EVLT Laser Treatment
- Asclera

Resume to normal activities within a day
Most Health Insurances accepted

Anesthesia available for your comfort

HABLAMOS
ESPAÑOL

Tel: (212) 204-6501

ГОВОРИМ
ПО-РУССКИ

Visit our website for more detailed information: www.TreatmentsOfManhattan.com

DOWNTOWN - 111 John St., Ste. 1450, New York, NY 10038 (Btwn Cliff & Pearl St.)

Nearest Transit: **Fulton St.** Neighborhood: *Financial District*

DENTAL IMPLANTS TEETH IN A DAY!



ONLY
\$199
PER IMPLANT

OVERDENTURES
WITH IMPLANTS **\$4500**
per upper or lower usual & customary fee \$7500

+ Abutment \$100
+ Crown \$800

Total Cost Only \$1099

Offer good through 4/30/12

**CALL FOR FREE
CONSULTATION:
1-800-287-TEETH
212-753-0123**

**Oral Surgeon and
Periodontist on staff**



UNIVERSAL DENTAL

www.universaldentalcenter.com
Come into Our World and Smile

Midtown Manhattan
(formerly TOOTHSABERS)
57 W. 57th St. Suite 610
Discounted Parking in NY

Ft. Lee, NJ
201-461-0003
1565 Palisade Ave.
Free Parking in NJ

*Implant, abutment and crown must be completed at our office to qualify for promotional fees. New patients only. Additional charges may occur for more complex cases. Ad must be presented for discount.



DO YOU NEED CHILD CARE?

The New York City Child Care Resource & Referral Consortium can help!
We offer free information to help you find:

- Summer Camps
- Infant & Toddler Programs
- Early Head Start & Head Start
- Universal Pre-Kindergarten
- Nursery Schools
- Pre-School Programs

- School-Age Programs
- Non-Traditional Hours Care
- After-School Programs
- Programs for Children with Special Needs

- Family & Group Family Child Care
- Early Intervention Programs
- Nanny Agencies

For more information:

(888) 469-5999 • www.nychildcareconsortium.org

NYC Child Care
Resource & Referral Consortium





MOTHER'S DAY GUIDE

GET YOUR METRO ON MAY 3, 2012

metro

16

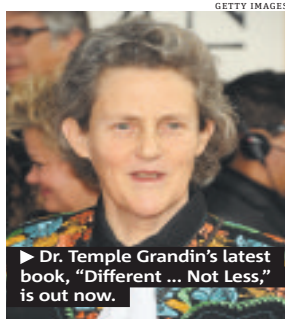
my metro

NYC's #1 FREE DAILY

TUESDAY, APRIL 17, 2012

mywellbeing

Temple Grandin on 'geek genes'



► Dr. Temple Grandin's latest book, "Different ... Not Less," is out now.

"If it weren't for autism, we'd have no engineers, artists and scientists."

DR. TEMPLE GRANDIN

The CDC recently announced that 1 in 88 U.S. children has autism — a 78 percent increase in cases from 2002 to 2008.

Dr. Temple Grandin has been dealing with autism all her life. She's written books and lectured widely on the subject, earning much of her insight by dealing with her own autism, a story documented in the recent Claire Danes-led HBO biopic "Temple Grandin."

"If there weren't autism, we'd have no engineers, artists and scientists," Dr. Grandin, whose new book is "Different ... Not Less," tells Metro. "I call it the 'geek genes.' If you look at films of mission control and the people operating the space program, it's definitely 'geek genes' at work there. Autism is a broad spectrum."

Dr. Grandin names Steve

Jobs and Albert Einstein as being among the millions of people within the autistic spectrum, which ranges from mild to severe and includes variants like Asperger's syn-

drome and Heller's syndrome: "Einstein didn't speak until he was three," she says.

Dr. Grandin didn't speak as a toddler either, but early intervention and therapy meant

the difference between being institutionalized as mentally disabled and who she is today: a Colorado State University professor with a Ph.D. in animal science and a world-renowned livestock expert advocating humane treatment and slaughter for farm animals.

Dr. Grandin says autism is complicated, and she thinks it's caused by a mix of genetics and environmental factors such as pesticides, medications absorbed in utero and plasticides. She advocates a healthy diet and supplements such as fish oil to prevent or ease the severity of the condition during early development.

"The most important thing is early intervention," she says. "It makes all the difference."

The trouble with today

Autism is now better understood and less stigmatized, but Dr. Grandin thinks modern society isn't a good model to help children with autism who have social interaction and behavioral problems: "Kids with autism who grew up in the '50s like me had less problems because we were taught social skills. We were taught to say 'thank you' and have manners. There's less guidance for children on how to behave these days."

LINDA CLARKE
letters@metro.us

7 early autism

spectrum signs

- **By 6 months:** No big smiles or other warm, joyful expressions.
- **By 9 months:** No back-and-forth sharing of sounds, smiles or other facial expressions.
- **By 12 months:** Lack of response to name.
- **By 12 months:** No babbling or "baby talk."
- **By 12 months:** No back-and-forth gestures, such as pointing,

ing, showing, reaching or waving.

- **By 16 months:** No spoken words.
- **By 24 months:** No meaningful two-word phrases that don't involve imitating or repeating.

Observing these red flags does not mean that a diagnosis of ASD will be made — there can be many other clinical issues in play, and in some cases development may in fact just be delayed.
Source: Helpguide.org/parents.com



LASIK Deal of the Week

\$1895 for LASIK Surgery for Both Eyes (\$4,000 value)

VALUE	DISCOUNT	YOU SAVE
\$4,000	53%	\$2,105

- Board-certified LASIK surgeons exclusively dedicated to Laser Vision Correction
- 50,000+ LASIK Surgeries performed
- Tri-state's only center with 4 different lasers to best customize your LASIK

0% FINANCING

Call Today for a **212.759.9617**

FREE consultation!

*Special offer valid with this ad only. The offer is good for Standard Lasik. Additional fee for Custom- & Bladeless Lasik. Some restrictions may apply.

MANHATTAN LASIK CENTER NEW JERSEY

www.SeeLasik.com

Downtown Podiatry

MANHATTAN'S PREMIERE FOOT DOCTORS



NEW TREATMENT AVAILABLE!
Aerolase Laser Nail Fungus Treatment

Call For An Appointment TODAY! | **FREE Consultation with this ad**

1.877.BUNION.1 / (1.877.286.4661)

DOWNTOWN
111 John Street Ste. 1450

www.downtownpodiatry.com

MIDTOWN
315 Madison Ave. Ste. 513

Most insurance accepted



It's not too early to prepare for summer!

www.LexingtonPlasticSurgeons.com

113 E 39th Street New York, NY 10016 (212) 223-0716

Free Consultations & Financing Available

SERVICES

- Liposuction
- Rhinoplasty
- Torn Earlobe Surgery
- Face Lift
- Eyelid Lift
- Breast Implants
- Scar Revision
- Breast Lift/Reduction
- Buttock Augmentation
- Botox & Collagen Injections
- Lip Enhancement
- Tummy Tuck
- Laser Hair Removal & more...



BEFORE AFTER Eyelid Lift

BEFORE AFTER Nose Surgery

BEFORE AFTER Scar Revision

BEFORE AFTER Tummy Tuck / Abdominoplasty

BEFORE AFTER Brazilian Butt Lift

BEFORE AFTER Brazilian Butt Lift

BEFORE AFTER Liposuction

BEFORE AFTER Liposuction

BEFORE AFTER Tummy Tuck / Liposuction

Take a peek at our perfect
picks for Mother's Day!

We'll feature gift ideas for every mom.



FOR ADVERTISING OPPORTUNITIES

CONTACT ED ABRAMS AT 646-792-8034
OR ED.ABRAMS@METRO.US



SPECIAL ADVERTISING SECTION

EDUCATION GUIDE

17

QUEENSBOROUGH COMMUNITY COLLEGE GIVES STUDENTS AN EXTRA EDGE

At Queensborough Community College, a College of The City University of New York, we understand that an affordable, quality education is more important than ever to help you achieve your academic and career goals.

Whether it is personalized academic advisement, faculty mentoring, internship possibilities or acquiring the skills necessary for entry into the job market, Queensborough has a long tradition of providing the tools that will result in your successful college experience.

Your choices for study include transfer and degree programs through seventeen academic departments resulting in the Associate in Arts (A.A.), the Associate in Science (A.S.), and the Associate in Applied Science (A.A.S.) degrees. The College also offers non-credit courses, certificate programs and access to the visual and performing arts.

Just a few examples of Queensborough's outstanding programs include the renowned Nursing Department, one of the largest Nursing programs in the State of New York; New Media Technology for design, development and maintenance of digital media; Gallery and Museum Studies; Laser and Fiber Optics Engineering Technology; and the Massage Therapy program—the only A.A.S. degree program available at a higher educational setting within the greater New York metropolitan area—to meet the growing need for licensed professional therapists. Among Queensborough's student support services is the Campus Writing Center which provides assistance in all English and writing-related course work.

In addition, Queensborough offers Dual/Joint degree programs in Nursing with Hunter College; Career and Technical Education with New York City College of Technology; Biotechnology with York College; Criminal Justice and Science for Forensics with John Jay College of Criminal Justice; and Liberal Arts and Sciences, and Education, with Queens College. These programs allow you to complete your first two years of study toward an Associate degree and then transfer seamlessly to a four-year college to complete your third and fourth year resulting in a Baccalaureate degree.

The Accelerated Study in Associate Programs (ASAP) enables qualified students to earn an Associate degree within three years. The program was developed through a partnership between CUNY and the New York City Center for Economic Opportunity. The ASAP program at Queensborough has garnered one of the highest enrollments of students among the seven community colleges within CUNY.

Queensborough houses the following three cultural beacons on its

campus, to enrich your learning experiences and to engage the local community:

- The mission of **The Harriet and Kenneth Kupferberg Holocaust Resource Center and Archives (KHRCA)** is to use the lessons of the Holocaust to educate current and future generations about the ramifications of unbridled prejudice, racism and stereotyping. Recently, the College was awarded a Challenge Grant from the National Endowment for the Humanities (NEH) to serve as a model for community colleges to integrate their cultural resources into the Humanities curriculum and to build an endowment for this purpose. Queensborough was one of only six community colleges in the United States to receive the competitive grant.

- The critically acclaimed **QCC Art Gallery** offers world-class exhibits, such as Andy Warhol prints and works by Pablo Picasso. Its permanent collections mirror the diversity of the student population include significant holdings of African art, Pre-Columbian artifacts, and Asian art, offering students opportunities to enhance their classroom experience in an artistic environment. The Institute of Museum and Library Services (IMLS) has awarded Queensborough a National Leadership Grant designed to engage adult immigrant English language learners and their families through the Culture and Literacy through Art for the 21st Century (CALTA21) initiative.

- **The Queensborough Performing Arts Center (QPAC)** offers Broadway-caliber dance, musical theatre, comedy, opera and more. A top regional center for culture through its menu of arts programming, QPAC serves as an artistic resource for the College and greater community.

We encourage you to explore your passions and possibilities in Queensborough Community College's diverse, nurturing environment. In fact, through our Freshman Academies, all first-time, full-time students are partnered with Freshman Coordinators who provide special assistance in order to improve their chances for completing their degrees and graduating. We believe in your future. We believe in you.

For more information on Queensborough Community College, a proud college of The City University of New York, please visit www.qcc.cuny.edu



**Register NOW for a
Queensborough Summer Session!**

Express and Early Start sessions begin May 29

Choose from 3, 4, 5, 6, or 7 week sessions

"Late Start" sessions begin July 2

Affordable college courses – Closer than you think

222-05 56th Avenue, Bayside, NY 11364
• www.qcc.cuny.edu •



TOURO COLLEGE
GRADUATE SCHOOL OF BUSINESS

Affordable Excellence

MBA MASTER OF BUSINESS ADMINISTRATION

The Touro Advantage

- Accelerated Program
(as short as 18 months)
- Choose from 9 specializations
- Convenient schedules
- Affordable tuition
- Manhattan and Long Island campuses
- Online, classroom or hybrid instructional format

TOURO COLLEGE—WE MEAN BUSINESS!



CAMPUS LOCATIONS: 65 Broadway, New York, NY 10006 ■ 1700 Union Blvd, Bay Shore, NY 11706

CONTACT US TODAY FOR MORE INFORMATION EMAIL: gradbusiness@touro.edu

PHONE: 212-742-8770 x2400 OR VISIT: www.touro.edu/gsb



Touro College is an Equal Opportunity Institution



NYSCAS

New York School of Career and Applied Studies
a division of TOURO COLLEGE



Get on the Road to a Bright Future!

ASSOCIATE'S AND BACHELOR'S DEGREES

- **BUSINESS MANAGEMENT AND ADMINISTRATION** with concentrations in: Accounting, Finance, Marketing, Management, Information Systems, Office Technology • **SOCIAL SCIENCES**
- **BIOLOGY • HUMAN SERVICES • PSYCHOLOGY • EDUCATION • PARALEGAL STUDIES**
- **LIBERAL ARTS AND SCIENCES • DIGITAL MULTIMEDIA DESIGN • AND MORE**

CERTIFICATE PROGRAMS

- DMX—Digital Media Arts
 - Desktop and Web Publishing
- for a full list of certificate programs go to www.touro.edu/nyscas

OTHER PROFESSIONAL OPPORTUNITIES

- Pre-Law • Pre-Medical • Pre-Dental

877.3.NYSCAS x1003
(877.369.7227 x1003)

Manhattan Brooklyn Queens

INFORMATION SESSIONS:

MIDTOWN | 27-33 West 23rd Street
Wednesdays, 9 am-5 pm, 212.463.0400 x5500
UPTOWN | 240 East 123rd Street
Mondays through Thursdays, 10 am-5 pm
212.722.1575 x101

www.touro.edu/nyscas

Touro College is an equal opportunity institution



Choosing a college is like buying a suit of clothes: no matter how good it looks on the rack, if it doesn't fit well, you aren't going to like wearing it. So too with colleges: ivy covered walls? Enormous campuses? That's all great, but before you grow too enamored of the exterior, take the time to look beneath the surface.

The first question you should ask when applying to a college is: does it offer the programs and majors I need to put me on the road to a rewarding career? That's job number one for any student. You have to know that your choice of college can get you to where you want to be in life.

Next, you need to understand that college is not high school. More responsibility devolves upon the student to succeed; you want to make sure that the school you select has counselors and other personnel who will assist you right from the beginning in areas such as program planning, financial aid and individual attention to personal issues. A college may have a football stadium that seats 90,000 and a student body of 35,000—but that does not necessarily mean that you won't feel totally lost amongst all those tens of thousands.

Nor should you underestimate the importance of convenience: is the school close to your home? Are classes offered at convenient times to fit schedules of people who frequently are full-time parents as well as full-time workers? Are there weekend classes to accommodate the needs of students who must work at odd hours during the week?

And here's another important question to ask: is the faculty made up of professionals—experienced teachers and practitioners in the real world, rather than in the isolated academic world? Are they people who have actually done the jobs that you are preparing for, and therefore can speak with great authority about what a career is really about?

All these questions can be answered in three words: Touro College's NYSCAS (New York School of Career and Applied Studies). Yes, NYSCAS has it all—numerous programs and majors, a concerned and involved faculty, a guidance apparatus to usher you through every step of undergraduate education, and a convenience unmatched by many other New York City schools. With 11 different sites throughout the city, all near public transportation, evening and Sunday classes, and an atmosphere that makes you feel like one of the family from day one, we think that Touro's NYSCAS is the place at which you should consider pursuing your college degree.

Check us out! Go to our website at www.touro.edu/nyscas or call us at 877.3.NYSCAS ext. 1003 and make an appointment to see what we have to offer. We're sure you will agree: Touro College's NYSCAS is the place to make your educational mark.

Touro College is an equal opportunity institution.

TOURO COLLEGE

GREAT GRADUATE PROGRAMS FOR EDUCATORS

- Convenient evening, weekend, and online formats
- Small classes, outstanding faculty
- Develop expertise in technology integration
- Become eligible for New York State certification
- Nationally recognized and accredited programs

- M.S. in Instructional Technology*
- M.S. in School Counseling
- M.S. in Childhood Education*
- M.S. in Adolescence Education: Mathematics 7-12*
- M.S. in Adolescence Education: Science 7-12*
- P.D. in School Leadership and Technology
- Advanced Certificate in S.T.E.M. Education, Computers in Education, 21st-Century Teaching, Virtual Education
- Childhood to Middle School Extensions in English, Math, and Science

* Offered fully online at discounted rates

NYIT School of Education
For more information, call 1.888.258.7269
or visit nyit.edu/education

NYIT
NEW YORK INSTITUTE
OF TECHNOLOGY

NYIT
NEW YORK INSTITUTE
OF TECHNOLOGY

U.S. Secretary of Education Arne Duncan recently stated: "If we want to strengthen the American workforce, we must continue to invest in education. These investments are absolutely critical, not just for our nation's students, teachers, and schools, but for our country's economy." Secretary Duncan has repeatedly pointed out the chronic shortage of highly skilled S.T.E.M. (science, technology,

engineering and math) teachers, especially in hard-to-staff schools in rural and poor urban areas. The shortage will get even worse as baby boomers in the teaching profession retire over the next decade. There is an urgent need to fix the pipeline for recruiting high-quality, well-prepared S.T.E.M. teachers. President Obama's 100Kin10 initiative is aimed at recruiting and preparing 100,000 world-class S.T.E.M. teachers within 10 years. Institutions of higher education need to do more to attract and prepare the next generation of S.T.E.M. educators so our children are prepared for the S.T.E.M.-related jobs of the future.

New York Institute of Technology's School of Education offers graduate programs that prepare educators to effectively integrate instructional technologies into applied learning for all students. Technology is infused in all of our graduate programs, and our students learn to leverage the power of technology to improve their effectiveness in the classroom by using it in every course. In particular, our Advanced Certificate in S.T.E.M. Education, which is a collaborative program between the NYIT School of Education and the School of Engineering and Computing Sciences, is designed to provide teachers with the tools and experiences to bring exciting and engaging S.T.E.M. activities into their classrooms. Our children deserve well-prepared teachers and our economy desperately needs well-prepared graduates who are ready to enter the job force of tomorrow. NYIT School of Education programs are leading the way forward. For more information, go to nyit.edu/education.

FOR MORE
INFORMATION:

nyit.edu
800.345.NYIT (6948)

Hostos

Division of Continuing Education & Workforce Development

Jump Start Your Success!

Expand your skills set & marketability
with our 29 certificate programs

- ◆ Basic Automotive Maintenance
- ◆ Case Management Certificate Program
- ◆ Certified Nursing Assistant Program
- ◆ Childcare Provider
- ◆ Credentialed Alcohol & Substance Abuse Counselor
- ◆ Electrocardiography Technician
- ◆ Food Protection
- ◆ Grant Writing
- ◆ Hands-On Automotive Transmission
- ◆ Health Information Management
- ◆ Microsoft Office
- ◆ Nonprofit Management
- ◆ Personal Trainer
- ◆ Pharmacy Technician Test Prep
- ◆ Phlebotomy Technician
- ◆ Real Estate
 - ◆ Real Estate Sales Person
 - ◆ 30 Hour Remedial Course
 - ◆ Basic Property Management
 - ◆ Basic Construction Project Management
 - ◆ Tenant Law
- ◆ Security Officer
- ◆ Teacher Assistant



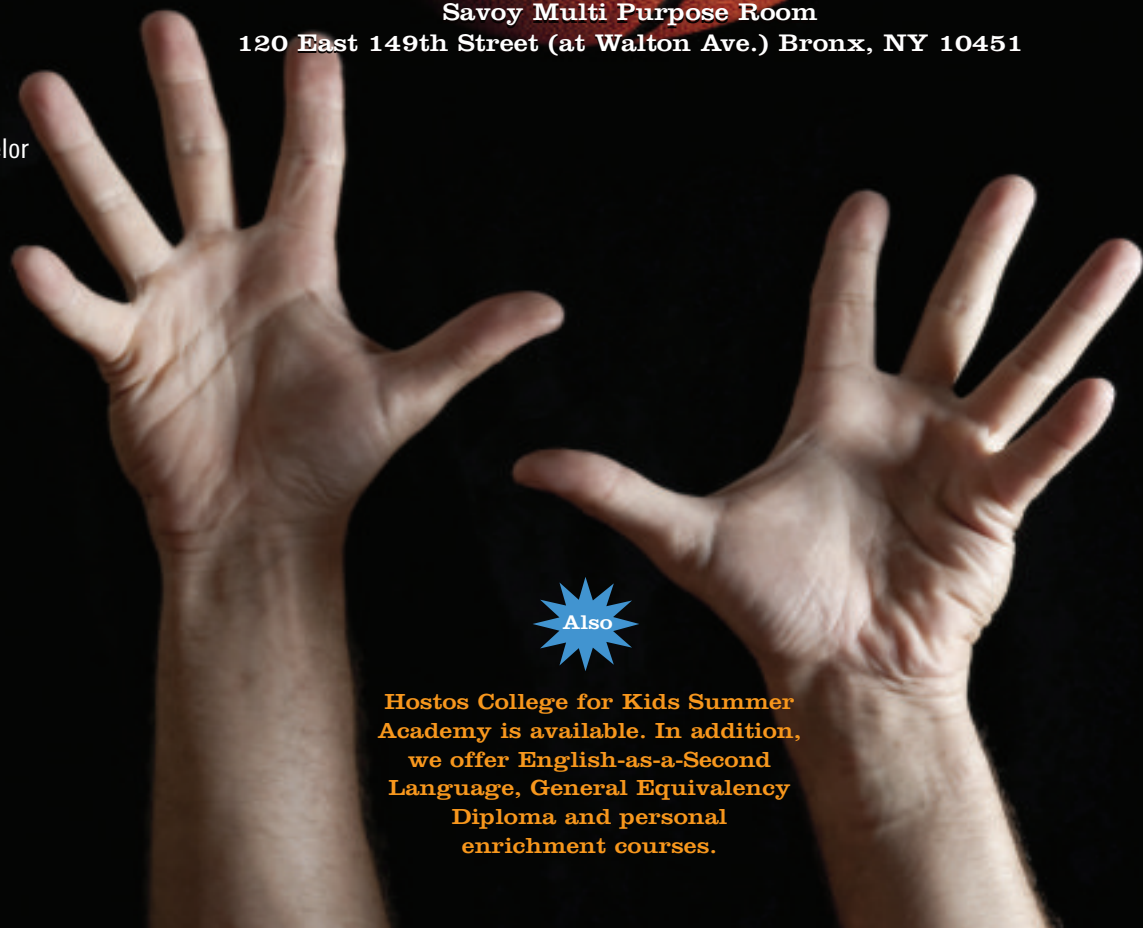
Open Houses

Saturday, May 19 11:00am-1:00pm

Savoy Multi Purpose Room
120 East 149th Street (at Walton Ave.) Bronx, NY 10451

Thursday, June 7 6:00pm-8:00pm

Savoy Multi Purpose Room
120 East 149th Street (at Walton Ave.) Bronx, NY 10451



Hostos College for Kids Summer Academy is available. In addition, we offer English-as-a-Second Language, General Equivalency Diploma and personal enrichment courses.



Hostos Community College

Division of
Continuing Education & Workforce Development

Call to Register 718-518-6656

Bring this ad and receive a **10%** discount!

Tel 718-518-6656 Fax 718-518-6744 cedu@hostos.cuny.edu

500 Grand Concourse, Room B-208 Bronx, NY 10451 www.hostos.cuny.edu/contedu

HOSTOS IS NY

THE NEW SCHOOL

MILANO SCHOOL OF INTERNATIONAL AFFAIRS, MANAGEMENT, AND URBAN POLICY

GRADUATE PROGRAMS WITH A CONSCIENCE

Environmental Policy and Sustainability Management
International Affairs
Leadership and Change
Nonprofit Management
Organizational Change Management
Organizational Development
Sustainability Strategies
Urban Policy Analysis and Management

Information Session

Saturday, April 21, 10 a.m.
66 West 12th Street, NYC

To RSVP, for event locations, or more information,
call 800.292.3040 or visit

www.newschool.edu/milano33

THE NEW SCHOOL FOR PUBLIC ENGAGEMENT

An Affirmative Action/Equal Opportunity Institution. Photo: Bob Handelman.

CUNY

CAREER PATH PROGRAM

Start your dream career at Kingsborough Community College!

The Center for Economic Workforce Development (CEWD) is offering a unique opportunity for you to earn a certificate in Culinary Arts or Food and Beverage Service AND start working towards your Associate's Degree!

The Training Includes:

- ▶ Hands-on training in credit-bearing Culinary Arts and Food and Beverage Service certificate programs.
- ▶ Assistance with earning industry recognized certifications.
- ▶ Employment readiness and job placement assistance career counseling, college advisement and academic support.
- ▶ Programs open to all UNEMPLOYED New York City residents.

For more details and eligibility requirements, call:

718-368-5568



CUNY Career PATH is a program of Kingsborough Community College's Center for Economic and Workforce Development (CEWD), operated in conjunction with the US Department of Labor. Applicants must be 18 years or older, currently unemployed and legally permitted to work in the U.S. Please bring proper documentation to the interview. Auxiliary aides and services are available upon request to individuals with disabilities. This workforce solution was funded by a grant awarded by the U.S. Department of Labor's Employment and Training Administration. The solution was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantees, warranties, or assurances of any kind, expressed or implied, with respect to such information, including any information or its completeness, timeliness, usefulness, adequacy, continued availability or ownership. AA/EEO/ADA

Your fulfilling, successful life continues at Fordham.

Whether completing a bachelor's degree or just getting started adult students will find both intellectual breadth and rigor at Fordham School of Professional and Continuing Studies.

The Fordham Experience Means:

- Exciting and challenging opportunities. The School of Professional and Continuing Studies has more than 20 majors to choose from—including communications, computer systems, economics, organizational leadership, English, political science, professional studies in new media, psychology, and business.

- **Fordham's core curriculum.** You can't learn everything in college, but the core, an organized, well-rounded program gives students a broad scope of knowledge across multiple disciplines.

- **Adult schedules for adult students.** Courses are available at all three campuses, in Manhattan, Westchester, and the Bronx, on days, evenings and

weekends, and some courses can be taken online.

- **The Jesuit ideal of cura personalis—care for the whole person.** We train you not just for a challenging career, but for a full life. Fordham faculty, administrators and staff provide academic advising throughout the year. Small classes offer you the chance to engage professors and classmates in depth across the curriculum.

Fordham also offers excellent academic options for students seeking careers in business, teacher education and social work, including accelerated tracks and joint degree programs with Fordham's nationally ranked graduate schools.

Most important, Fordham School of Professional and Continuing Studies

offers you something no other adult education program can provide: a Fordham University degree. Since 1841, this degree has stood for a unique standard of intellectual inquiry, ethical decision-making and academic excellence. It's a degree that's valued by many of the world's most prestigious companies, at which thousands of our graduates pursue successful careers.

To learn more about our programs and upcoming information sessions at all three campuses, visit

pcs.fordham.edu/visit



It's time to take the next step.

Start or finish your bachelor's degree and continue your story at Fordham School of Professional and Continuing Studies

Receive an application fee waiver when you attend an information session.

Register now at pcs.fordham.edu/visit.



Lincoln Center
New York, NY

6:30 p.m.
April 24, 2012
June 13, 2012

(212) 636-6399



Westchester
West Harrison, NY

6:30 p.m.
April 25, 2012
June 14, 2012

(914) 367-3302



Rose Hill
Bronx, NY

6:30 p.m.
April 26, 2012
June 12, 2012

(718) 817-2600

FORDHAM

Fordham School of Professional
and Continuing Studies

Opportunities for adult
undergraduate learners

Earn Your Degree at NYACK



- Accelerated Degree Completion Program (B.S. in 16 months)
- Bachelors Degrees (38 majors)
- Alliance Theological Seminary: Doctor of Ministry, Master of Divinity, Master of Arts, Master of Professional Studies
- MA in Counseling or Marriage & Family
- MS in Organizational Leadership (finish in as little as 12 months)
- MBA (finish in as little as 18 months)
- MS in Childhood Education, Childhood Special Education

JOIN US FOR AN OPEN HOUSE!

Saturday, March 24th at 11:00am

Manhattan Campus, 361 Broadway, New York, NY 10013

Call 877.626.2236 or visit our website at www.nyack.edu to apply.



This summer, come study in Boston.

DESTINATION **BU** SUMMER TERM 2012

Summer 1: May 22–June 29

Summer 2: July 2–August 10

Register today at bu.edu/summer/destination.

Boston University Summer Term

- More than 700 courses
- 70 academic subjects
- 17 foreign languages
- Summer study internships
- Award-winning BU faculty



This Summer — Destination Boston University

This summer, why not head to Boston—one of the nation's great college towns—for a chance to experience new opportunities in a dynamic city? There are many reasons to attend Summer Term at Boston University.

With a choice of over 700 undergraduate and graduate courses, Summer Term is the perfect time to earn credits toward early graduation from college, or get started on electives for your master's degree. You could also focus on a topic of interest with one of Boston University's renowned professors—there are more than 70 subjects, from liberal arts to math and sciences to information technology, art, or music. There's even a Boston Studies program.

BU's Summer Term courses take place on a condensed, six-week schedule—including convenient evening courses—which means you can pursue your goals and still have plenty of time to explore Boston's historic neighborhoods, world-class museums and theatres, great cuisine, and nearby beaches.

An open enrollment policy means that you don't have to be a Boston University student to experience all the possibilities of Summer Term in Boston. All you have to do is register.

Here are just a few highlights of Summer Term 2012:

Foreign Languages: Find close to 60 courses in 17 languages—Amharic, Arabic, Chinese, Egyptian Hieroglyphs, French, German, Ancient Greek, Hausa, Hebrew, Italian, Japanese, Kinyarwanda, Korean, Latin, Portuguese, Russian, Spanish, or Turkish. Work in health care? Look into Essential Spanish for Health Care Professionals.

Summer Study Internship: In this 12-week program, undergraduates may apply to enroll in two 4-credit courses followed by a full-time internship in a Boston-area organization—gaining valuable work experience in one of eight areas of interest.

European Politics: Join Ambassador Reinhard Bettzuege in Brussels, Belgium, to explore the connections between Europe and the U.S.—and their values in the twenty-first century.

Screenwriting Institute: Work on your screenplay and learn about the industry in a supportive and creative environment during this eleven-week program.

High School Programs: Explore a range of opportunities for high school students, from programs in math and science, fine arts, and media production to pre-college programs such as High School Honors, Research Internship in Science & Engineering, Summer Challenge, and Summer Preview.

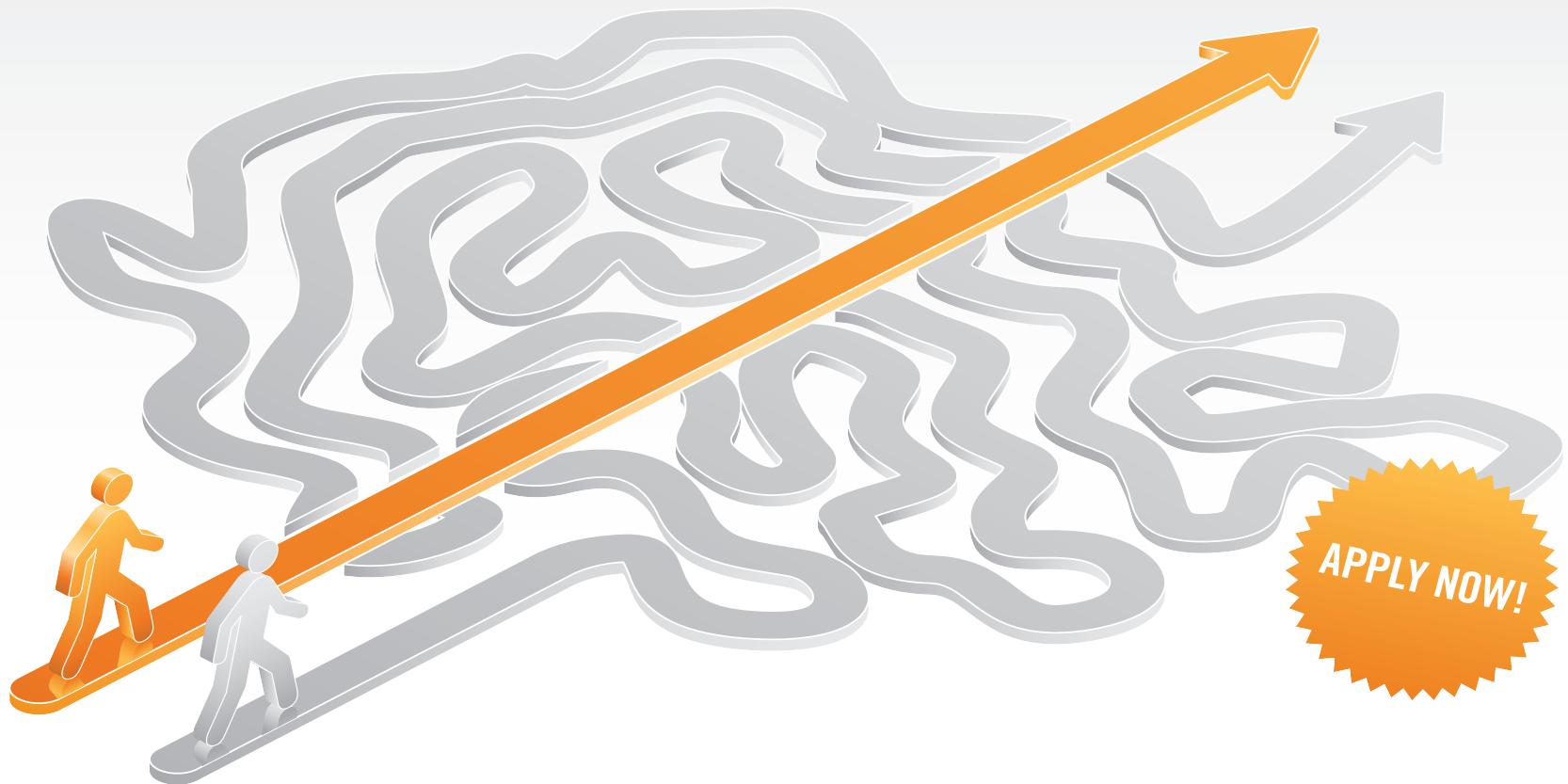
This summer, take the journey and join students from all 50 states and as many nations who share a single destination: Summer Term at Boston University.

Summer 1: May 22 - June 29

Summer 2: July 2 - August 10

To learn more, call 617-353-5124 or visit bu.edu/summer.

YOUR DEGREE IS CLOSER THAN YOU THINK



ONLINE BACCALAUREATE

A quality degree that is affordable and convenient.

Open to students with 24 or more college credits. Offering majors in:

- Business
- Communication and Culture
- Disability Studies
- Health Information Management
- Psychology
- Sociology



Scan code with ScanLife
for more info

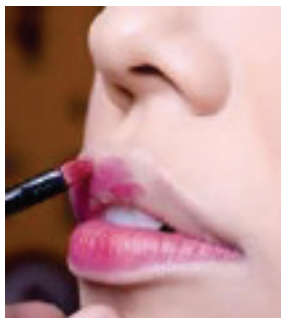


The City University of New York

INFO SESSION

APRIL 18th @ 6pm

CUNY Graduate Center – 365 5th Ave, Room 9206
Tel. 212.652.CUNY (2869) or
www.sps.cuny.edu/online



START A GREAT BEAUTY CAREER TODAY!

Our courses include:

- Skin care / Esthetics Programs
- Nail Artistry Programs
- Professional Makeup Programs
- International Certifications
- Advanced Seminars for professionals

Part time – Full time – Weekend – Evening

CALL TODAY for a tour at 212-779-7800.

Christine Valmy

International School for Esthetics, Nail Artistry & Makeup

261 Fifth Avenue (29th st.), New York
www.christinevalmy.com



Financial Plan & GI bill
available!

Get your Degree in under 2 years!

at Mildred Elley, a career college

Graduate in as little as 12 months

- Medical Assistant Associate's Degree (under 2 years)
- Clinical Medical Assistant Certificate (12 months)
- Medical Office Assistant Certificate (12 months)

We help you succeed

- Financial aid available for those who qualify
- Earn a GED as part of studies*
- Internship programs and clinical rotations
- Lifetime job placement assistance

* Medical Assistant Associate's Degree only

Now Enrolling. Call Today!

(866) 781-8043

www.mildred-elley.edu

**NEW
ONLINE COURSES!**
Now offering online
courses for transcription
and coding careers.
Call to learn more!
(888) 414-6154



25 Broadway, Floor 16
New York, NY 10004

MILDRED ELLEY

Accredited Member, ACICS

For program details and disclosures visit mildred-elley.edu/disclosures



"5 Keys to My Success"

1. Lifetime job placement assistance
2. Programs in fields with expected job growth
3. A career that will provide job security
4. An education where I see results
5. A school where I get the help I need

Mildred Elley — a student-centered school
providing you with all of the above.

Call today to get started!

(866) 781-8043

www.mildred-elley.edu

MILDRED ELLEY

25 Broadway, Floor 16
New York, NY 10004

For program details and disclosures visit mildred-elley.edu/disclosures

Member, ACICS

Letters

letters@metro.us

Mixed bag on Romneys, mothers

RE: "THE WAR ON MOMS KEEPS ON GOING": I doubt that Mrs. Romney actually does the laundry for the family. If the Romneys can afford an elevator for their automobiles, they certainly can afford a team of domestics to do the actual household and child care work. Hilary Rosen was quite correct: These people have no understanding of what life without economic privilege is like; it's all about self-aggrandizement for them. **LEWIS WALSH, VIA E-MAIL**

In fairness to Mrs. Romney and all other mothers who can afford to stay home: There's nothing better than raising your own children, if you can swing it. There is no evidence that the Romney children were raised by maids and butlers, none

whatsoever. As a non-Republican, I have to state that the kind of comments Mrs. Romney has been subject to are unfair and irrelevant. Incidentally, Suzy Sandor, about half of the 99 percent you referred to don't pay federal taxes. I'm also sure that if our president "took time away from the 99 percent to defend the .000001 percent" he felt it necessary and needs no advice from you. **ADELAIDE VERPONI, BROOKLYN**

"If you raise taxes on the rich ... you can start to rebuild the country's infrastructure."

RE: "TAX CUTS ON RICH DON'T HELP THE POOR": Alan Jacobs' criticism of tax fairness as

the equivalent to getting robbed is ridiculous in the extreme. Of course the government isn't going to just hand out checks to "the poor" (Mr. Jacobs fails to define them) if it increases the tax rates on the ultra-wealthy. Those increased collections would instead go to creating more opportunities for them to get out of poverty, a far more laudable goal than defending the already-privileged. I can't see why Mr. Jacobs would object to this in the first place. **JOSEPH CONNELL, BROWNSVILLE**

Here's how it works: If you raise taxes on the rich (who pay less percentwise than a middle-class family) you can start to rebuild the country's infrastructure. Which means you can hire people, you know, poor people who don't

have jobs. You can feed and clothe the homeless, you know, people who don't have homes. And most importantly you can do medical studies on people who are confused about how this works. **ROBERT LA ROSA, WHITESTONE**

Fact: Violence often ends in jail time

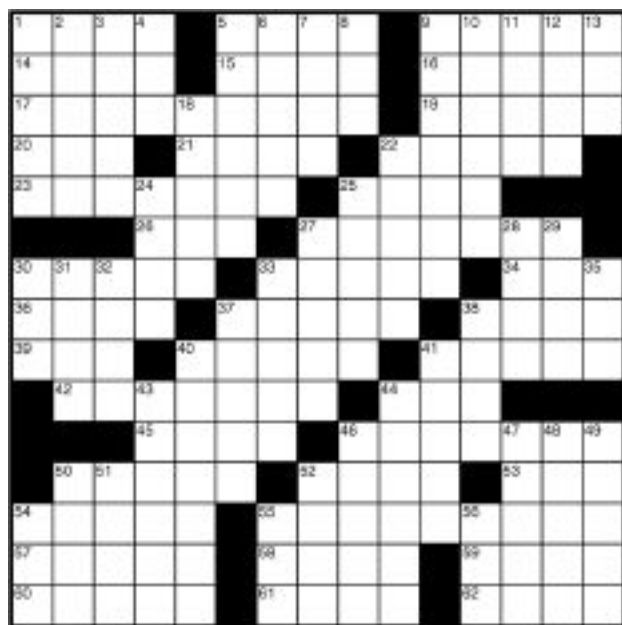
An ignorant America in full bliss, George Zimmerman was charged by the state of Florida with murder in the second degree. The protest was to get the state to investigate and review the case. And they worked to get Zimmerman arrested. It was Zimmerman's own actions of that night that put him into jail. He shot and killed an unarmed 17-year-old who was not committing any crime at the time. The protest worked because they were peaceful but also loud; you people can't get over the fact that black people gained justice through protest and not violence. Zimmerman used violence and now he's in jail! **ANTONIO BENJAMIN, VIA E-MAIL**

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Across

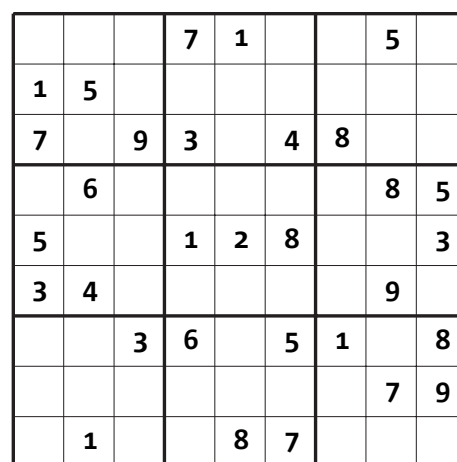
- 1 Soda fountain order
- 5 Tosses
- 9 Hydroplane part
- 14 Right on!
- 15 Bombay nanny
- 16 Martini extra
- 17 Cliff-nesting gull
- 19 Scoped out
- 20 Poached edible
- 21 Orpheus played it
- 22 Smog creators
- 23 Beginners
- 25 "Lohengrin" bride
- 26 Flair for music
- 27 Checks for size (2 wds.)
- 30 Throbbled
- 33 Drizzles
- 34 Awful noise
- 36 Zen riddle
- 37 Gaynor or Leigh
- 38 Ugh!
- 39 A fifth of DX
- 40 Faxes, maybe
- 41 Gauguin's prop
- 42 Moral weakness
- 44 Symbol of might
- 45 Cronies
- 46 Easy victims
- 50 Advertising ploy
- 52 -- noire
- 53 Hush-hush org.
- 54 Beauty aid
- 55 Motel extras
- 57 Gambling stakes
- 58 Slightly open
- 59 Wishes one hadn't
- 60 Snicker (hyph.)
- 61 Hoedown honeys
- 62 Grand Ole --
- Down**
- 1 Inventor
- 2 Friendly hombre
- 3 Dismiss (2 wds.)
- 4 Blaster's buy
- 5 Counselor



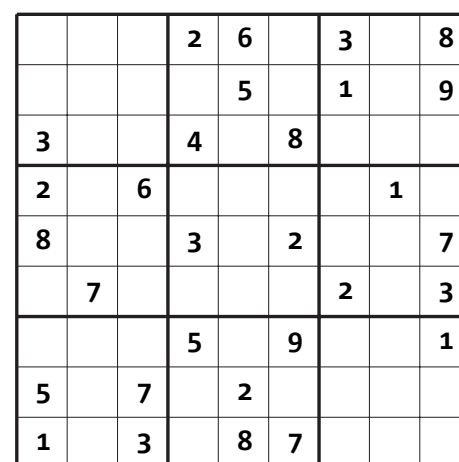
- 6 Sharif and Khayyam
- 7 Harden, as clay
- 8 Lauper's "--- Bop"
- 9 Concentrates
- 10 Andes animals
- 11 Belgian river
- 12 Wide sts.
- 13 Slugger -- Williams
- 18 Priam and Hector's story
- 22 Fire starter
- 24 Piercing
- 25 Iroquois speakers

- 27 Cronyn's frequent co-star
- 28 Ben Jonson works
- 29 Polite
- 30 Canine registry
- 31 Afro or bun
- 32 Kojak's lack
- 33 Harangues
- 35 Goalie's org. (hyph.)
- 37 Simple dessert
- 38 Ties up the phone
- 40 Chatty feline

- 41 Fridge raider
- 43 Orbit extreme
- 44 Movies with a posse
- 46 Sachet component
- 47 Get slippery (2 wds.)
- 48 Lightweight quilt
- 49 Brash
- 50 Cornbread
- 51 "Ask Dr. --"
- 52 Lower California
- 54 Wharf denizen
- 55 Shake a finger
- 56 Good buddy



SUDOKU **LEVEL: EASY**



SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword



How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

SUDOKU SOLUTIONS:
WWW.METRO.US/PUZZLES



To advertise -- phone: 646-792-8034 email sales: advertising@metro.us

METRO NEW YORK | Editor in Chief: Tony Metcalf tony.metcalf@metro.us,
@edinchiefmetro | Managing Editor: Ron Varriall ron.varriall@metro.us |
City Editor: Carly Baldwin carly.baldwin@metro.us |
Features Editor: Amber Ray amber.ray@metro.us, @amberatmetro |
Sports Editor: Mark Osborne mark.osborne@metro.us |
Deputy Features/Careers/Books/ Travel editor: Dorothy Robinson
dorothy.robinson@metro.us | Home/Style editor: Tina Chadha
tina.chadha@metro.us | Film/Tech editor: Heidi Patalano
heidi.patalano@metro.us
E-MAIL US: letters@metro.us

destinations

What to see



► Kew Gardens is located in southwest London.

Kew Gardens

London's answer to the New York Botanical Garden will have winding acres of lush green grass, maybe even coming into contact with a wild peacock or too. Tour historic landscapes, climb trees (via stairs — not tree trunks) and pay homage to Lady Di at the Princess of Wales Conservatory. www.kew.org

Borough Market

The sumptuous food market is a feast for both your belly and eyes. Ogle the assortment of produce and be sure to sample a traditional savory meat pie while you're there. www.boroughmarket.org.uk



MEREDITH ENGEL
meredith.engel@metro.us

Getting there

American Airlines offers 15 flights from New York to London each day. www.aa.com

Off the beaten path in London

► We know you're gonna stop by Big Ben and pose like Princess Kate in front of Westminster Abbey ► But visiting these hot spots will make you look like a local

While it's certainly freeing to be a tourist in another city — you can indulge in the quintessential activities you've always read about and not give a

hoot about taking a million pictures — it's also fun to live like a local, careening your way through little streets and hanging with the townies at

the neighborhood pub. If your travels soon take you to London, be sure to add these resident-approved experiences to your to-do list.

Where to dine

Rex Whistler Restaurant at the Tate Britain

On view at the Tate Britain museum's eatery is "The Expedition in Pursuit of Rare Meats," a mural by British artist Rex Whistler. Stop by for a deliciously proper lunch, high tea, dinner or weekend breakfast. But hurry in — the restaurant is closing for renovations in July. www.tate.org/uk

Smiths of Smithfield

The hip, four-floor space is situated in Smithfield Market, London's version of NYC's Meatpacking District. British celebrity chef John Torode, who specializes in Australasian cuisine, mans the kitchen. Clink glasses with London's beautiful people while you enjoy steaks and sticky toffee pudding in the industrial setting. www.smithsofsmithfield.co.uk

Where to stay

Dolphin House

For a unique home-stay experience, book a room at the Dolphin House, right outside of central London. Dolphin House combines the amenities of a hotel with the luxuries of an upscale apartment: Your suite is equipped with a living room, dining area and full kitchen. www.dolphin-square.co.uk/house

CRUISE.COM
EXPERT ADVICE LOWEST CRUISE PRICES GUARANTEED! LOWEST PRICE

EXCLUSIVE SIZZLING HOT DEALS!
Receive Free Pre-paid Gratuities, up to \$500 Back, up to \$1000 Onboard Credit, up to \$350 Onboard Savings, Free Upgrades plus Kids Sail FREE and More! on select sailings

Carnival Receive up to \$500 Back plus Free Upgrades on select sailings	8-Day Bahamas \$399* Ocean View \$499* Balcony \$599*	7-Day N.E. & Canada \$429* Ocean View \$649* Balcony \$899*	8-Day Caribbean \$529* Ocean View \$629* Balcony \$699*	12-Day Europe \$799* Ocean View \$999* Balcony \$1349*
Royal Caribbean Receive FREE Pre-Paid Gratuities plus up to \$100 Onboard Credit on select sailings	7-Day Europe \$399* Ocean View \$494* Balcony \$644*	7-Day Bermuda \$424* Ocean View \$594* Balcony \$729*	7-Day Alaska \$449* Ocean View \$494* Balcony \$1034*	10-Day Caribbean \$649* Ocean View \$849* Balcony \$999*
NORWEGIAN Receive up to \$450 Onboard Credit plus FREE Upgrades on select sailings	7-Day Bermuda \$419* Ocean View \$419* Balcony \$689*	7-Day Bahamas \$459* Ocean View \$509* Balcony \$599*	7-Day Europe \$529* Ocean View \$639* Balcony \$939*	9-Day Caribbean \$639* Ocean View \$729* Balcony \$959*
Holland America Line Receive up to \$125 Onboard Credit, Free Dining, Wine or Champagne plus up to \$500 Back on select sailings	7-Day Alaska \$549* Ocean View \$549* Balcony \$1759*	7-Day Caribbean \$589* Ocean View \$689* Balcony \$789*	7-Day Bermuda \$639* Ocean View \$739* Balcony \$1269*	10-Day Europe \$789* Ocean View \$979* Balcony \$1269*
Celestity Receive FREE Pre-Paid Gratuities plus up to \$100 Onboard Credit on select sailings	7-Day Alaska \$549* Ocean View \$794* Balcony \$944*	7-Day Bermuda \$694* Ocean View \$744* Balcony \$1094*	10-Day Europe \$784* Ocean View \$859* Balcony \$1094*	11-Day Hawaii \$944* Ocean View \$1094* Balcony \$1934*

800-395-6127

*Prices are per person, double occupancy, based on current rates. Taxes and fees are additional. Prices include M.F.H. All prices are quoted in U.S. dollars. All itineraries and prices are current as of time of printing and are subject to change without notice. All exclusive deals require booking on select ships and all dates and are not redeemable for cash. Ship Registry: The Bahamas and Panama. CST #201599-53. (Lowest Price Guarantee: In order to qualify for the guarantee, the competitor's rate that appears in the advertising must be available for booking and be on the identical Cruise-only product. Ship, Date, Destination, Category, etc.) The customer must meet the requirements for any rules that apply from the cruise line in offering the rate. The guarantee does not apply to air, land components, or board on ships etc. This offer is only valid on cruise lines that are members of C.I.A.

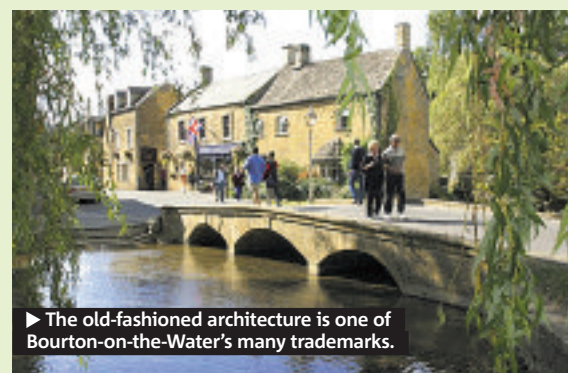
The Cotswolds

Located a couple of hours outside the city, this quaint region is not to be missed. The ubiquitous thatched roofs and charming storefronts will have you feeling like you're back in Dickens-era England. Spend an afternoon exploring Bourton-on-the-Water, a picturesque town that's home to the Bourton Model Village — a walk-through, miniature replica of the entire town — as well as some of the most delicious fish and chips you'll find. Take a train out of London's famous Paddington Station to get there.

Where to dine

The Old Butcher's Restaurant

Head to the Cotswold village of Stow for dishes like Jerusalem artichoke risotto in a casual, relaxed atmosphere. www.theoldbutchers.com



► The old-fashioned architecture is one of Bourton-on-the-Water's many trademarks.

The Boot Inn

Epitomizing the Old World charm of the Cotswolds, this pub is a must-visit. Tuck into a traditional Sunday roast with Yorkshire pudding while you take in the decor: actual boots presented to the restaurant from celebrities, politicians and the like. www.theboot-inn.com

Where to stay

Bluewood Lodges

Whether you're traveling with a large group or a special someone, the Bluewood Lodges, located in



Each Bluewood Lodge has an outdoor jacuzzi.

the Cotswold village of Kingham, can accommodate you. The rental homes are nestled in the woods and offer all the comforts of home, like a fully equipped kitchen and a sitting area with TV. www.wyndhamrentals.com

REVEL

in AC's new casino

► New \$2.4B beach behemoth emphasizes nightlife outside the sea of slots and card dealers ► The main attraction? A little something called the Atlantic Ocean

What we saw



The emphasis on entertainment over gambling spending by its guests means Revel put a lot of effort into its cuisine and leisure offerings. Here's highlights of what to see and do:

- 1 Garces, Garces, Garces:** Philly's biggest celebrity chef, Jose Garces, has four different eateries at Revel, with options for those looking to woo a date with high-priced menus to someone on the move itching for a quick taco.
- 2 NYC's culinary influence:** Acclaimed chefs Alain Allegretti and Marc Forgione are also opening high-end Mediterranean and steak-
- 3 The Social:** Like the Borgata, Revel has a massive concert venue — 5,500 seats — but also an intriguing secondary space like The Social, which seats 700 for live entertainment and can convert to provide different experiences depending on the act.
- 4 Beach Club and nightclub:** HQ Nightclub and HQ Beach Club combine for more than 80,000 square feet of party space. Depending on your preference, get sweaty on the inside dance floor until the early hours or enjoy the ocean breeze on the private beachfront.
- 5 Sand:** Unlike most of Atlantic City's casinos, there is an emphasis on the ocean. Revel also remade thousands of feet of the boardwalk that links the resort to the beach — very little possibility of splinters.

house restaurants. As you imagined, all the eateries have panoramic views of the ocean.

1,900

Number of rooms inside Revel's 47-story hotel tower, with prices for most rooms in the high \$300s and low \$400s.



BRIAN X. MCCRONE
bmccrone@metro.us

When Kevin DeSanctis began his career in Atlantic City many years ago, the CEO of the gambling mecca's new, \$2.4 billion Revel resort and casino wasn't working for casinos — he was monitoring them as a New Jersey state trooper.

His transformation into the top official at the resort town's most expensive creation ever is about as radical a makeover as the scuffling city needs from Revel to usher in a turnaround.

Its arrival comes at a time when Pennsylvania's "convenience" casinos just took over as the second-most revenue-drawing, by state, in the country. Speculation is that Atlantic City could do itself a favor in the years ahead by bulldozing a couple of its weakest links. (It now has 11 casinos, including Revel.)

"Casinos in Pennsylvania and New York are part of a convenience market. They've become not much different than [gamblers'] local bars," DeSanctis said of the proliferation of competition for gambling dollars. "We believe we offer a great alternative."

The alternative Revel offers is in its "leisure" approach to entertainment. Gone are the



► A renovated boardwalk and beach surround the shiny resort and casino.

days where Atlantic City's resorts catered mostly to gamblers. DeSanctis said a fundamental shift at Revel will be a new emphasis on entertainment outside the slots and blackjack tables.

In a stark contrast to its chief competitor for patrons, Borgata and its sister resort, the Water Club, Revel embraces Atlantic City's greatest natural resource.

"You can't build on the beach and turn your back to the ocean," DeSanctis said. During a tour of the property with Revel's principal architect, Michael Prifti, who also oversaw construction of the Borgata nine years ago, the Atlantic

Ocean was visible from almost everywhere in the resort.

The Revel Beach is still under construction, but will be ready by the official opening, Memorial Day weekend.

The ocean is as dominant upon a trip around the resort as the main gambling floor.

"I don't think anyone appreciates having to walk through a casino to get to your hotel room," Prifti said. "What we're trying to do is make people feel [like they're] going to have a good time."

It's a feeling Atlantic City needs a lot more of in the coming months and years if it's going to remake itself in the era of convenience gambling.

Switzerland.
get natural.



Switzerland comes to NY.

MySwitzerland.com/shuttle

Between April 15 and May 12 the "S" shuttle stands for Switzerland. Ride the train between Times Square and Grand Central Station, enjoy Switzerland for a few minutes and marvel at the scenery. All Aboard: next stop Switzerland.



Lavaux, Lake Geneva

Enter to win this week's prize.
MySwitzerland.com/shuttle

RUSH PASSPORTS & VISAS

- Passport Renewals original/photos
- All Visas—All Consulates
- DMV License Plates



30 Rockefeller Plaza, N.Y. Concourse level — A licensed private service bureau. Pick-up and delivery available
itseasyservices.com

877-33-ITS EASY
CALL TODAY

24 Hour Service Available

10%
Discount
with this
Ad

3

Yankees open strong, blown out in end

Freddy Garcia made it further than his last start and did not throw any wild pitches. His problem was the combination of Joe Mauer, Justin Morneau and Carl Pavano.

All three played a key role in handing the Yankees a 7-3 loss against the Twins last night at the stadium.

Mauer drove in the go-ahead run in the fifth inning. Morneau added a mammoth home run in the sixth and Pavano made the Yankee bats look impotent for most of the night.

Garcia allowed five runs and nine hits in 5 2/3 innings. But his night was a story of



GETTY IMAGES

bad innings in the first and fifth. How he performed in between those frames allowed him to reach the sixth.

After throwing 30 pitches in a two-run, five hit opening inning, Garcia cruised to the fifth by retiring 11 in a row with a one-run lead. He then lost the lead by allowing a go-

ahead RBI double to Mauer.

The Yankees scored their first two runs on consecutive solo home runs by Derek Jeter and Curtis Granderson, but were mostly kept in check by Pavano. He went seven innings and struck out six despite being booed all evening.

● LARRY FLEISHER

Game 3 notes

Much of the talk heading into Game 3 was about the NHL's decision to suspend Rangers wing Carl Hagelin for a blow to Daniel Alfredsson's head in Game 2.

Despite skating in the morning practice session, Alfredsson was a scratch at game time with what was officially listed as a concussion for the first time.

One good thing about the Hagelin suspension was the opportunity to see super prospect Chris Kreider in his first NHL action. The left wing had one shot on goal in 11 minutes.

Jon Scott, who was picked up at the trade deadline, appeared in the original lineup, but was scratched in favor of Kreider once the final lineup was handed in.

King is back on top

► Lundqvist brilliant in 1-0 defeat of Senators in Game 3 ► Boyle scores only goal of game in third period ► Alfredsson sits out with a concussion

A few shots to the head can do wonders to a person's self-confidence.

One game after Matt Carkner was suspended for Game 3 thanks to a vicious attack on New York's Brian Boyle, it was Boyle who scored the lone goal in the Rangers 1-0 defeat of the Senators.

It didn't come easy down the stretch as the Rangers faced a power play with just under seven minutes remaining in the game. Henrik Lundqvist made one point-blank save and the deflection was stolen by Boyle, who out-raced the defense on a break-away and earned a slashing penalty to even the advantage again.

Then, with just over a minute left, the Senators pulled their goalie and threw a last minute flurry of shots at the net.

Lundqvist stoned two shots from inside 10 feet, first by Kyle Turris and then by everything Jason Spezza mo-



GETTY IMAGES

► Lundqvist was brilliant in net, earning a shutout with 39 saves, including a couple in crunch time.

11 While Ottawa out-shot the Rangers by 16 and won 14 more faceoffs, they had 11 giveaways to just two by New York.

ments later, with under a minute to play.

Those would be the last chances Ottawa would get.

Lundqvist made 39 saves, many of which were far from routine.

Boyle's goal came 7:35 into the final period on a backhand from just outside the crease. It was his third this postseason.

● MARK OSBORNE
mark.osborne@metro.us

THE SMILE

YOU'VE ALWAYS DREAMED OF!



25% OFF
ON invisalign
Including FREE
Power Whitening
through April 2012

FEATURED ON:
TopDoc America

- Veneers
- Dental Implants: To replace missing teeth permanently
- Invisalign Preferred Provider: Straighten teeth without braces
- Computer Generated Braces: Shorter time to move the teeth without extractions
- Power Whitening in one hour
- Bonding
- Porcelain Crowns and Bridges
- Tooth Colored Fillings

Leaders in Implant & Cosmetic Dentistry! - Est. 1977

CALL NOW TO SCHEDULE YOUR COSMETIC DENTAL EXAM

212-689-0024

224 West 35th St., New York, NY

16th Floor (between 7th and 8th Avenues)

www.heraldsquaredental.com



EXPERT REPAIRS with
APPLE, BLACKBERRY
& HTC DEVICES

6 to 12-MONTH
NATIONWIDE
WARRANTY

BROKEN GADGETS?

WE CAN FIX THEM!

Online **CPR-NYC.COM** } Call **212.240.9696**

Email **metro@phototech.com**

Jets' Holmes defiant in first comments

Jets wide receiver Santonio Holmes voluntarily spoke with the media via conference call yesterday following the first day of workouts in what amounted to a defense of his actions from last year. It was the first time Holmes had addressed the media following a disas-

trous 2011 for both himself and the team.

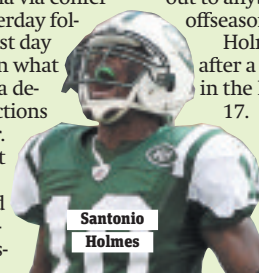
He was defiant when asked if he had contact with any teammates he may have criticized or offended.

"I had no reason to," Holmes said. "I didn't reach out to anybody this offseason for that matter."

Holmes was benched after a verbal altercation in the huddle in Week 17.

"It happened down in Miami, and that's where it's going to stay, down in Miami."

● KRISTIAN DYER

Santonio
Holmes

DIRECTORY

Legal Services

To place an ad call Jennifer Clark at 646-792-8042 or email jennifer.clark@metro.us

Tax Attorney Representation

All IRS Issues and Problems

575 Madison Ave., 8th Floor
New York, NY 10022
(212) 588-1113
ab@irstaxattorney.com

ACCIDENTS?

FREE CONSULTATION

NO FEE UNLESS WE WIN YOUR CASE

(212) 889-2808

RORY M. SHECTMAN, ESQ

445 PARK AVE., 9TH FL. NEW YORK, NY 10022

First Step to a Fresh Start

Owe more than you make?
Can't pay your bills?
Constant collection calls?
Lawsuits? Garnishments?
Filing bankruptcy can be your answer
Helping people turn debts into new starts

Jay Simon Attorney
718.222.4619
32 Court Street, Suite 805, Bklyn
Call today for a fresh tomorrow

DIRECTORY

Health & Beauty

To place an ad call Jennie Klein at 646-792-8039 or email jennie.klein@metro.us

BACK PAIN ACUPUNCTURE

overweight stress anxiety back neck joint pain
fatigue pinched nerve poor circulation
cold-laser acupuncture massage physical therapy reiki

Accept 1199 aetna unitedhealth care
blue cross neighborhood medicare
metroplus affinity amerigroup cigna
www.HolisticElements.com

115W 30 St. #500B
(btwn 6&7 Ave)
212-764-3924

Medical Research

To place an ad call Brett Lurman at 646-792-8008 or email brett.lurman@metro.us

metro health

Check out Metro's Online Medical Research Directory at health.metro.us

ACUPUNCTURE STUDY FOR IBS

Do you have Irritable Bowel Syndrome (IBS)?

You may be eligible for a research study aimed at reducing symptoms associated with IBS using Acupuncture. Qualified participants will receive up to \$330.

To be eligible you must:

- have diagnosis of IBS.
- be experiencing symptoms related to your IBS.
- be 18 to 70 years of age.

NEW YORK UNIVERSITY

For more information call:
NYU: Special Studies in Symptom Management
212-365-0346

HELP

ANOTHER WOMAN GET PREGNANT.

BECOME AN EGG DONOR

Women between the ages of 21 and 32 can help make a woman's dream come true.

For more information, please call our confidential toll-free number
1-866 GIVE EGG
Or visit our website
www.Columbiaeggdonor.Org

EGG DONORS ARE COMPENSATED \$8,000

Columbia University

HAVE YOU EVER EXPERIENCED a Traumatic or Life-Threatening Event? SINCE THE TRAUMA, have you:

- Had nightmares or flashbacks? • Tried to avoid thinking or talking about it?
- Felt jumpy or anxious? • Become less connected with people around you, or less interested in activities you used to enjoy?

If so, you may be suffering from post-traumatic stress disorder or PTSD. The Mood and Anxiety Disorders Program at the Mount Sinai School of Medicine is conducting a study of an investigational medication that may help relieve your PTSD symptoms. You may be eligible to participate if you have PTSD and are 21-65 years old.

Participation involves a thorough psychiatric and medical screening. You will be compensated for your time.

For more information, please call
The Mount Sinai Mood and Anxiety Disorders Program at (212) 241-7910
www.mssm.edu/psychiatry/map/
PI: Adriana Feder, GCO 06-0945, MSSM IRB Approved until 1/23/12

DO YOU SUFFER FROM BIPOLAR DEPRESSION?

If so you may want to consider participating in an investigation medication research study for those:

- Diagnosed with Bipolar I Disorder
- Currently experiencing symptoms of depression
- Between the ages of 18 and 65

BMR
Behavioral Medical Research of Brooklyn

718.237.4242
16 Court, Ste 1205, Brooklyn, NY 11241
info@bmrsi.com | www.bmrsi.com

acria HIV Research Study

HIV POSITIVE?

Are you over 18 years old? Do you have HIV?
Have never been treated for HIV? Planning to take HIV medicines for the first time?
Willing to attend up to 17 office visits over 52 weeks?

If so, you may be able to participate in a clinical study with an investigational drug combined with standard treatment for individuals with HIV.

Participants will be reimbursed for their time and travel.
Call (212) 924-3934 ext. 100
For more information

metro health

YOU CAN GET PAID to HELP FIND A CURE!

Find medical research studies at **health.metro.us**

Enroll in a study today and help the medical community find cures.

TO PLACE AN AD CONTACT BRETT LURMAN
at **646-792-8008** or **BRETT.LURMAN@METRO.US**

Are You Depressed? Are Your Medications Not Working?

Call **212-994-4567**

Have you been diagnosed with major depressive disorder? Are your medications not working for you? If so, you may qualify for a research study of Major Depressive Disorder (MDD).

To Qualify, Participants Must:

- Be between the ages of 18 and 65
- Be diagnosed with MDD
- Currently take an approved anti-depressant or have taken an anti-depressant during current episode
- Have not had adequate response to current or past treatments.
- Be in general good health

Eligible Participants May Receive:

- Compensation up to \$950 for time and travel
- Study-related medical exams and evaluations at no charge
- Investigational study medication

Contact Us Today.
212-994-4567
423 W. 55th Street, 4th Flr NYC
participate@clinilabs.com | clinilabs.com/mdd

CLINILABS Get social with us!
Follow us on Facebook, Twitter & YouTube

metroclassifieds

in print & online

TO PLACE AN AD:

866-900-9473
CLASSIFIED.METRO.US
NEWYORKCLASSIFIEDS@METRO.US

CLASSIFIED AD DEADLINE:
5PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

Real Estate/Sale



PUBLISHERS NOTE
All real estate advertising herein is subject to the Federal Fair Housing Act of 1968 and state and local fair housing laws. The Fair Housing Act makes it illegal to advertise any preference, limitations or discrimination on the basis of race, color, religion, sex, handicap, familial status, or national origin or an intention to make any such preference, limitation or discrimination. State or local laws may make unlawful advertising that discriminates on the basis of age, marital status, or sexual orientation. Metro US will not knowingly accept any advertising for real estate which violates the law. The law requires that all dwellings advertised are available on an equal opportunity basis. If you have any questions regarding housing discrimination, call the Long Island Housing Services at (800) 660-6920 in Long Island or the Anti-Discrimination Center at (212) 346-7600 in New York City. To file a complaint call HUD toll-free at (800) 669-9777 or the New York City Commission on Human Rights at (212) 306-7500

Homes

BUSHWICK - Cooper St & Wilson Ave
2 fam, 8 yrs old, 7br, 5 baths,
17 closets, fin bsmt, garage. Asking
\$595K. Agent 917-734-6717

Crown Hts/Ocean Hill 2 Family Det.
Limestone, Fully Renov., Cherry/
Granite kit hwd flrs, 7 Br, hi ceiling
fin bsmt. \$425K Owner 917-734-0715

★101 St. Jamaica Great Deal! ★ Only
\$189K! 1 Fam, 3 Brs, 2 Full Bths, Fin
Bsmt, Sep Entr, Drivwy, Only \$1750
o.c. Owner Rep Tally 347-416-4574

174 St Albans 1st Time Buyer Special
Ovrszd 1 fam 4brs 2.5 bths huge
island kit fin bsmt pvt drv/gar \$195K
\$2000/dp OC Agt Nadine 347-343-2995

1 JAMAICA PRICE REDUCED
1 fam det, 3 BRS, 2 fths, pvt drv,
garage. Excel cond. Only \$158,900
\$2000 DP OC Call Agt 718-740-3400

Queens Village Foreclosure Bank
Owned 1 fam 3 brs, 2 bths, lg
master br, fin bsmt, gar, Owner
Rep. ♥ \$219,999 ♥ 347-289-9533 ♥

Homes

ROSEDALE 1 family!
Huge 5 br + ground level 1 br bsmt.
Fully renov. Pvt drwy, dead-end St.
\$379K neg. Owner 718-755-3152

ROSEDALE Unbeatable Price Brand
New 2 fam 3 over 3br, hwd flr Lg
bsmt big bkwy dwy Low Dn. Must
See Prin Only owner 718-297-0505

Springfield Gardens Foreclosure
Bank Owned 2 fam 3/3 BRS, 2
Bths, Bkwy, Quiet St. Owner Rep.
♥ \$249,999 ♥ 347-289-9533 ♥

St. Albans Foreclosure Bank
Owned 2 fam brk 3/3, fin bsmt
pvt drwy, gar, quiet blk. Owner
Rep. ♥ \$229,999 ♥ 347-289-9533 ♥

Real Estate Wanted

I Buy Houses CASH!
Quick Sale - Fair Price
914-237-1418

Real Estate/Rent

Apartments

Reserved for those 55 and Better - Retire near Barlow, Florida
on a fixed, moderate income. - FIRST 3 MONTHS RENT FREE! Call us today for details (888) 861-4908. Income and other restrictions apply.

★ **FORDHAM AREA** ★
3 BR Apt on 2nd Flr, \$1700/mo, 1 mo
rent + 1 mo sec. Owner 646-399-9734

MANHATTAN
112th & LEXINGTON - 1 BR \$1710/mo
2 BR \$2000/mo. Brokers Welcome.
No Fee. Owner 718-601-1483

149 Stu, 182br S8, 170s Stu 750 1br 895
283 br S8, Hts Pt 1br 850, 2br 963, Bx
Park renov Stu 1/2-3/4 S8 Frdm 1br
850, 384br S8 Susman 718-294-2600

FORDHAM & BELMONT AREA
Studio \$875/mo; Jr 1 BR fr \$895/mo;
Studio fr \$1050/mo. Sec 8 OK. Brokers
Welcome. No fee. Owner 718-601-1483

HUNTS POINT off Garrison Ave
Well maintained rent stabilized bldg
1st mo rent free 2br \$1068/mo 3br
\$1221/mo Agt. 718-657-1085

Southern Bronx Locations Immediate
1, 2 & 3 BR Apts Avail, Newly Renov
Units, Lee Open Flr Space,
\$709/mo & up Owner 718-620-1345

CROWN HEIGHTS: Lefferts Ave.
Washington. Beautiful, well maint.
Rent stabilized bldg hwd flr, hi Near
shopping/trans, Studio \$1050, 1st
1/2 mo. rent free. Agent 718-657-1085

CROWN HGTS: Buffalo & Rochester
2 BR starting @ \$1132. Beautiful, well
maint. Rent stabilized bldg, hwd
flrs, Nr shopping, Agent 718-657-1085

EAST FLATBUSH Ave H & 34th St
1 blk off Flatbush Near shops, trans,
Jr 4 \$1250 Well maintained rent stabilized
bldg 1st 1/2 mo Rent Free.
Call Agent 718-657-1085

E. Flatbush ★Beaut New 3 BR, 2 Full Bths
Balcony, Nr Trans/Shops,
\$1700/mo neg. Broker 718-651-1233

Real Estate/Rent

Apartments

FLATBUSH: Ave H & 32nd
Flatbush Ave. Studio's \$1025/mo well
maintained rent stabilized bldg. 1st
mo rent free. Call Agent 718-657-1085

Flatbush, Crown Hts & Bed Stuy
1BR fr \$1050/mo; 2BR fr \$1300/mo
Section 8 OK. Brokers Welcome.
No Fee. Owner 718-601-1483

FLATBUSH: E. 26th ST. 1 Block off
Flatbush Ave. Studio \$825 well maintained
rent stabilized bldg. 1st mo
rent free. Call Agent 718-657-1085

FLATBUSH: Lot/Foster/Church St.
Renov apts w/hw kit & hwd flrs, close
to shopping & transportation. Rent stabilized
well Maintained Bldg. Studio's
\$825/mo, 1BR \$950/mo. Agt 718-657-1085

FAR ROCKAWAY-BAYSWATER
Grch style apts quiet residential area
Nr shops, trans, beach. Rent stabilized
Spacious, newly renov kit 1BR
\$975, 2BR \$1125, 3BR \$1500. 1st mo
rent free. Call Agent 718-657-1085

JAMAICA: HILLSIDE AVE
2BR \$1350, Hwd flr, renov kit. Rent stabilized
garage comp, laundry facility. 1st
1/2 mo rent free Agent 718-657-1085

KEW GARDEN HILLS
Spacious 2Br, 1 bth, renov apt,
near trans, \$1800/mo. Call Owner:
646-246-3518

SOUTH OZONE PARK
New, modern 2 br, 2nd flr,
carpeted, \$1550/mo. Util. not incl.
By owner 718-659-8909

Bronx Apartment Building Rentals Available

NO Fee!! NO Fee!!
IMMEDIATE OCCUPANCY
ONE MONTH FREE
On all 1, 2, 3 Bedrooms

AREAS:
UNIVERSITY HEIGHTS
MOTT HAVEN, EAST TREMONT
SOUNDVIEW, WAKEFIELD

MUST MEET INCOME REQUIREMENT.
FOR VIEWING PLEASE CONTACT
347-413-2911
24 hrs Security Surveillance.
Onsite Superintendent

NO BROKER FEE - IMMEDIATE OCCUPANCY

PARKCHESTER
BEST CHOICE IN NYC
FOR 1, 2 & 3 BEDROOM
RENTAL APARTMENTS

1BR AS LOW AS \$1010 per mo
2BR AS LOW AS \$1325 per mo
3BR ONLY \$1625 per mo

1/2 MONTH FREE RENT
on 1BR apts if you sign by April 30
On site shopping, restaurants, offices,
even a movie theatre. 30 minutes to mid-
town via #6 subway or express buses.
SEE MODEL APTS & PREMIER
APTS AT OPEN HOUSE:
TUES & THURS - 5PM-7:45PM
SAT - 10AM-1:45PM
APPLY ONLINE TODAY
or schedule an apt for **718-412-4696**
an Open House visit
www.parkchesternyc.com

Apartments

BRONX
1 BEDROOM APTS, Starting at \$925
Transp. near by.
Call 212-752-2670
After 5pm Sat., Call 718-644-4098.

QUEENS
STUDIO and 1 BEDROOM APTS.
Near Transportation
Call 212-752-2670
from 9am-5pm.

Commercial

194TH & WEBSTER/FORDHAM RD
575SF plus bsmt, previous restaurant
\$250/mo. Brokers Welcome. No Fee.
Owner 718-601-1483

SOUTH BX Hunts Point Ave &
Longwood Ave. Store fronts for rent.
Other locations available. Close to
subway, prices neg. Call 718-628-1345

BED STUY Marcus Garvey Blvd.
Aka 274 Sumner Ave. 1300SF clean
ready, prev beauty parlor \$3000/mo.
CROWN HTS Schenectady & Sterling
P. 460SF plus bsmt, clean, ready
\$1100/mo. Brokers welcome. No Fee.
Call owner 718-601-1483

Miscellaneous

WATCHUNG, NJ Large Furn room.
Shore kit/LR, pvt bath. Non-smokers.
15 min to NYC public trans. Must
like pets. \$2500/mo. Owner 201-787-6143

Rooms

100's Available, All Boroughs



Private Entry Bath Cooking
1 Person/2 Person \$125wk/up
room rentals 212-697-3962

ALL MANHATTAN/BRONX



Furnished Rooms For rent!
Cable/Internet Ready! All
utilities included! Move in
Today! Starting just \$125/
wk! call: 212-368-2685

Affordable Furnished Rooms
in Manhattan



Utilities Included
Same Day Move In
Cable, TV, Internet
No Credit Check
\$125 per week
Call 212-862-0457

Art / Media / Writers

KIDS WANTED - Magazine Needs Kids
3 mos. to 16 years for upcoming
features & covers. Call 212-683-2160.

Customer Service

Customer Service Now Hiring
FT/PT All shifts. Great
pay w/ benefits. Contact
Mr. Jones 347.337.9069

Healthcare

AETNA CAREER OPPORTUNITIES
We invite you to explore
a better career.
We are seeking highly skilled clinical
and non-clinical professionals to
reach members and influence their
healthcare outcomes. We have the
following positions open in our Medi-
cal/Long Term Care department.

Health Care QM Manager
634BR
MLTC Nurse Trainer (RN)
5981BR
Care Management Nurse Manager
552BR
MLTC Assessment Nurse (RN)
596BR
Prior Authorization Nurse (RN)
634BR
Physical Therapist
6402BR

To learn more about these
opportunities, visit us at
www.aetna.com/workingandsearch
by requisition number listed above.
Aetna is an A/E/C/E M/F/D/V. We
conduct pre-employment drug and
background screening.



Are You HHA?
Looking to upgrade?
Patient Care Technician
CNA (Nurse Aide)
EKG & Phlebotomy
Pharmacy Technician
Medical Billing &
Coding, CPR
ACCESS CAREERS
25 Elm Pl, Suite 201
Brooklyn, NY 11201
718-643-9060
www.AccessCareers.Edu
We Accept All Vouchers
Job Placement Assistant
Classes Starting Soon
CALL NOW, (Open 7 Days)

JOBS/TRAINING ACCESS CAREERS QUEENS

- HHA - Home Health Aid
- CNA - Nurses Aide
- EKG /Phlebotomy Tech
- Medical Assistant
- Ms Office/A+/Net+
- Accounting (Computerized)

Call 718-263-0750

STUDENT VISAS @ LOW COST
On Queens Blvd next to (E, F) Subway Stn.

8002 Que Gardens Rd, Queens, NY
www.accessqueens.com

Healthcare

OPEN HOUSE
Hands on
Career Training
MEDICAL ASSISTANT
Financial Aid,
Scholarship
Available if qualified
Lowest Tuition Fee
in State
Call Now
718 643 9060
www.AccessCareers.Edu

Security / Law Enforcement

CORPORATE SECURITY JOBS
No Exp / No HS Diploma or
GED Required. Paying Up
to \$19.50 Will Train Call HR
Dept NOW (347) 298 - 0357

CONCIERGE / SECURITY GUARDS
No Exp / No HS Diploma or
GED Required
Salary / Benefits / 401K
PAID VACATION
Please call Ms. Perez
(347) 298 - 7941

Front Desk Lobby Security
Corporate front desk
security paying \$16-\$22/hr.
87 Locations, no exp req /
will train / start ASAP
877-702-5571

ARMED / UNARMED
Must have valid NY State
Security License. Company
Training required / Immediate
Hire. Pay \$8.25-\$16.33/per
Hr. Interviews held daily
(1pm-3pm) at 224 West 35th
St, Rm 410. Call for appt
347-350-3625 or 347.845.2628

Access Monitor Guards All
shifts available \$12-\$18/hr
No experience required.
800.974.3538

FRONT DESK GUARDS
NEEDED UP TO
\$13.25
Call Officer D. McCarthy 212.470.8536

★ Hotel Lobby/Security Positions ★
Starting \$9-\$17/hr. No H.S. req'd. No
Felonies. Immediate Interviews Call
HR Dept., 718-306-2459 / 212-461-6598

Security / Law Enforcement

ABA ACADEMY GUARDS
75 Armed & Unarmed, bilingual a +.
Pay Up to \$50-\$1,600/weekly.
Call H.R.: 347-608-3457 or 347-481-6488

★ **ABA ACCESS CAREERS** ★
For corporate locations NY.
No exp necessary. Up to \$18/hr.
★ **OPEN** shifts at 212-470-0446 ★

ABA ACCESS GUARDS WANTED
For Hotels, Colleges & Residential
Sites, FT/PT avail, up to \$21/hr.
All boros avail. Call 718-650-2387

A BETTER CAREER IN SECURITY
All shifts available. \$12-\$18/hour. No
exp nec. must be avail ASAP.
★ **OPEN** 24/7 AT 212-470-5641 ★

Able & Advanced Guards Wanted
For corporate locations NY.
No exp necessary. Up to \$18/hr.
★ **OPEN** shifts of 212-470-6443 ★

A CAREER IN SECURITY
\$10/\$17.50/hr NO experience NO training
morning/evening/overnight F/T &
P/T 1-800-889-7643

Corporate Security Services
Conducting interviews this week
only. NO exp nec. Up to \$20/weekly.
Call Ms. McCourt: 646-260-4916

Sales / Marketing

Front desk jobs FT/PT avail.
Start asap/no exp, great
pay. Benefits / all shifts.
Contact Ms. Ruiz 646.730.7494

Field Marketing Reps
needed to work on behalf of
Verizon. Make up to \$800+
weekly. No exp needed.
Call 1-877-515-4189.

Transportation / Travel

★ **DRIVER** ★ **BROOKLYN BUS CO.**
"CP-BP" lic. & BPS endrsmnt req'd.
Will sponsor for B.O.E.D cert. apply:
1 Coffey St., Brooklyn. ☎ 718-832-0286

DRIVERS ★ SCHOOL BUS ★ 19A
Cert. & Will sponsor. B.O.E. Cert.
CDL P/N-1, BP lic. FT, PT. Good sal.
Must speak English. Lau 718-265-6643

General Help Wanted

IMMEDIATE ATTENDANTS/ FRONT DESK/CLERKS
No exp. Nec
Full and Part Time
UP TO \$17 PER HOUR
All 5 Boros
MUST BE ABLE TO START IMMEDIATELY
Taking calls till 9pm
Open Saturdays for
interviews
For immediate interview
contact
Mr. Columbo at
(212) 867-6380 or email
newyorkjobs22@gmail.com

General Help Wanted

TRAINEE MANAGERS WANTED!
Expanding Int. Marketing
Co. based in Manhattan is
hiring now. Guaranteed \$350
pw Basic + Great Commis-
sions + Bonuses = \$40K -
\$50K pw/avg. This would be
an ideal position for someone
starting a career in sales &
marketing. Got no experi-
ence? Don't worry we'll give
you some! Call 646-354-7200

1 On 1 Academic Tutors
Math and English Tutors
Needed! \$18-\$23/per hr. Loc:
Brx & Qns WALK-IN's: 298
5th Ave, Fl 5 or 212.225.8488

Corporate Security Opportunities
Pays Up to \$13.75 p/h
Call Now, Start Next Week.
No experience necessary.
212-470-6364

General Labor Start Immediately
FT/PT Excellent pay
w/ benefits. All shifts. Con-
tact Mr. Brown 212.510.8574

Front Desk Attendant
Full Time and Part Time
positions available.
Pays up to \$15.75.
Call our Human Resource
Department today for best
response:
(212) 510.8689

2012 Postal Positions \$13.00-
\$32.50+/hr.,
Federal hire/full benefits
No Experience. Call Today
1-800-593-2664 Ext. 147

A-1 Assistant No Exp Nec.
Career Minded, Busy Office, FT/PT.
Immediate Hire. Will Train. \$850
wkly comm +. Call 718-322-3100

AA Asst. Needed/Customer Service
NEW Office. Immed Hire. No exp.
Will train. Nr. Subway \$825 Wkly
Comm+. CALL 718-324-9756

DELI PERSON NEEDED
Min 5yrs exp. F/T & P/T available.
Apply in person 11am-5pm;
82-41 153 Ave. Howard Beach, NY

DIESEL & GASOLINE MECHANICS
School Bus Co. Full & Part Time.
Union Shop Apply in person.
1 Coffey St, Bklyn. ☎ 718-832-0286

Field Marketing Reps Needed
to work on behalf of Verizon. Wake
up to \$800 + weekly. No exp needed.
Call 1-877-509-1620

Airline Now Hiring. Major Airline at JFK.
LaGuardia & Newark Airports Now Hiring.
NO EXPERIENCE NECESSARY. \$14 to
\$22/hr + benefits. Call 212-629-1777. FEE

metroclassifieds

in print & online

TO PLACE AN AD:

866-900-9473
CLASSIFIED.METRO.US
NEWYORKCLASSIFIEDS@METRO.US

CLASSIFIED AD DEADLINE:
5PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

Jobs

General Help Wanted

GREEN COMPANY
Seeking an extra 8 candidates
\$1000 week/avg + Bonuses
Communication & Customer Svc
Skills an Asset. No Exp req'd
Full Product Training Provided
718-210-3635

*** MESSENGERS ***
START TODAY
\$270 - \$400 Per Week
263 West 38th Street 14th Floor

◆ **PLUMBER & PLUMBER'S HELPER** ◆
Clean Driver's License Required.
Fox Resume To: 718-328-3846

Vice President, Home Office Operations - Tower Insurance Company of New York. Operational leadership in strategic planning, organization design, business process design. Design staffing/productivity models. Analyze/develop efficient business processes leveraging technology. Conduct reconciliation processes, audit business processes to ensure high levels of service delivery / operational effectiveness. BA in Economics, Business or related field plus 5 yrs relevant exp. req. Job location: 120 Broadway, New York, NY 10271. Resumes to: sisenburg@twnrg.com

TELMKTRS F/T EXP ONLY!
MADE YOU LOOK!!!
Now All You Have To Do Is
Call. Salary + Comm. +
Bonus = \$8-\$12/Hr.
David (212) 563-7500

APPLY TODAY
Start Immediately
\$950 wk/avg
No exp req'd * Training for
accepted applicants. Students 18+
also welcome. Scholarships avail
718-374-5975

General Help Wanted

PERMAY AGENCY □ JOBS □ JOBS
Restaurant All Positions Avail. Cash-
ier Sales Deli HHA Hsekeeper Baby-
sitter Fee 718-764-6650-718-672-9832

PERSONAL ASSISTANCE NEEDED
We are looking for
an Office Assistant. Duties
include greeting clients, an-
swering phones, and routing
mail, data entry and calen-
der scheduling. Ideal candi-
dates will have proven cus-
tomer service skills in an
administrative setting and
experience with Microsoft
Office applications email re-
sumes to david.thompson190
@gmail.com
IF INTERESTED

Training

10 A at Blue Steel Security Same Day
Cert! Walk-In. Job-Plant 8hr/10hr/
AnnLoss Prev/CPR/FG/Anti Terrorism/
Metal Det/4th-Armed Gun Lic Svcs-
397 Bridge St. Call 347-463-9015

★ **HOME HEALTH AIDE TRAINING** ★
Program approved by
NYS Dept of Ed. Call 718-323-3050

For Sale

Miscellaneous

\$\$\$CASH PAID\$\$\$
Buying diabetic test
strips, nicotine patches
and gum. We beat all
competitor's prices.
All day dropoff/pickup.
Call 646-400-5270

Career Training

A Lucrative Career in the Legal Field Starts Here!

The only school offering
Court Reporting
Training in NYC!
Court Reporter
(CART & Closed Captioning)
Paralegal
Medical Office Specialist
• Day & Evening Classes
• Degree & Certificate Programs
Visit our website at www.nyci.edu
NEW YORK CAREER INSTITUTE
1-888-317-2310

For more information about our graduation rates, the median debt of students who completed the program and other important information, please visit our website at www.nyci.edu

11 Park Place, NYC (across from City Hall)

Pharmacy Technician
Help licensed pharmacists
prepare prescriptions,
provide customer service,
and perform administrative duties.
Train to become a **PT** today!
Call now to get started!
866-943-6444
Sanford-Brown Institute
New York, NY
Garden City
Licensed in the New York
State Education Department
SanfordBrown.edu
Programs vary by Campus

It's time to think
About your future!
Don't get left behind!
Learn about career
training opportunities in
Medical Billing
in our Health Information
Management program!
888-728-9333
SBI Campus - an affiliate
of Sanford-Brown - Melville
Melville, NY
sbmelville.edu

ACE COMPUTER TRAINING CENTER NEW CAREER OPPORTUNITIES

Medical Assistant **CALL** for Low Price
EKG Technician \$550
Phlebotomy Tech \$550
Medical Billing \$600

PC Technician [A+] \$500
Computer Networking [MCITP/MCTS]
CISCO Admin [CCNA/CCNP]

FINANCIAL AID AVAILABLE
For Select Programs if Qualified

www.acecareer.edu
Manhattan 212 695 9700 CLASSES STARTING **CALL NOW**
Queens 718 575 3223 SOON

Psychic

SHEIKH SALEEM
917.254.6647
MYSTICAL AFRICAN
MEDIUM &
SPIRITUALIST
SOLVES ALL
YOUR ISSUES.
LOVE SPECIALIST.
REUNITE LOVERS.
BUSINESS,
JOB,
COURT,
LUCK,
BLACK MAGIC,
PROTECTION,
IMPOTENCY,
IMMIGRATION, ETC.
ENGLISH AND FRENCH
SPEAKING.
QUICK RESULTS

Health & Beauty

Lose Weight - Get Fit
Burn Fat-Keep lean muscle
Get proper Nutrition
Refer 3-Get your product
for FREE
PerfectBodyForLife.com
ViSalusOverView.com

Pets

♥ **A-1 YORKIE PUPPIES** ♥
Male/Female. Vet Checked.
Call Owner 718-769-1957

NEEDS:
People to train as a
CARDIOVASCULAR TECHNOLOGIST
Train in this exciting career and you could
learn to help save lives!
Call Sanford-Brown Institute
now to get started!
866-943-6444
Garden City, NY - New York, NY
White Plains, NY
Licensed by the New York
State Education Department
Programs vary by campus
SanfordBrown.edu

CALL NOW
to begin training
as a **Medical Assistant**!
What's holding you back?
A single phone call
could change your life!
(1 Degree program available)
888-728-9333
SBI Campus - an affiliate
of Sanford-Brown - Melville
Melville, NY
sbmelville.edu

Services

Psychic

Juli Divine Spiritual Healer
Have you lost a loved one &
want them back? Is your
life going around in circles
or do you want a spiritual
coach?
Let me help you
100% guaranteed 718.473.4791

Careers

**HIGH SCHOOL
DIPLOMA FROM HOME**
6-8 weeks accredited
Get a Diploma! Get a Job!
Call 24/7 for free brochure
1-800-264-8330
www.diplomafromhome.com
Benjamin Franklin High School

Pets

♥ **ENGLISH BULLDOG PUPPIES** ♥
M/F, Show Quality, Vet Checked.
Lots of Wrinkles. Owner 718-769-1957

♥ **SHIH TZU PUPPIES** ♥
Show Quality, \$398 & up. Vet
Checked. Call Owner 718-769-1957

**2 Free AKC Male And Fe-
male English Bulldogs For
Adoption To A Loving
Home.** Both Are House Bro-
ken And Health
Guaranteed...Ready To Move
Free To A New
Home..Contact via email at
Pheipsdavid@hotmail.com

♥ **YORKIE PUPPIES FOR SALE** ♥
Toy & Teacup sizes. Call: 718-259-2295

Legal Notices

NOTICE IS HEREBY GIVEN
that a license, number 1261991,
For Liquor, Wine, & Beer has been
applied for by the undersigned to
sell Liquor, Wine, & Beer at retail
under the Alcoholic Beverage
Control Law at 632 Hudson St.
NY, NY 10014. New York County,
for on premise consumption. 632
Below LLC.

NOTICE IS HEREBY GIVEN
that a license, number 1262216,
For Restaurant Wine has been
applied for by the undersigned to
sell Restaurant Wine at retail
under the Alcoholic Beverage
Control Law at 36-06 Ditmars
Bld., Astoria, NY 11105, for on
premise consumption. Aji Sushi
House Inc.

Legal Notices

NOTICE OF FORMATION
of JRB CA LLC. Art. Of Org.
filed with Secy. Of State of NY
(SSNY) on March 19, 2012.
Office location: New York
County. SSNY designated
as agent of LLC upon whom
process against it may be
served. SSNY shall mail
process to: J. Richard Blewitt,
211 Central Park West, Apt.
6-K, New York, NY 10024.
Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN
that a license, number 1262182,
For Restaurant Wine has been
applied for by the undersigned to
sell Restaurant Wine at retail
under the Alcoholic Beverage
Control Law at 251 E. 45th St.,
NY, NY 10017, for on premise
consumption. Super Dumping
Corp.

NOTICE IS HEREBY GIVEN,
PURSUANT TO LAW
that the NYC Dept. of Consumer
Affairs will hold a Public Hearing
on Wednesday, April 25, 2012 at
2:00 p.m., at 66 John Street, 11th
floor, on a petition from Shalazar
LLC to continue, to maintain, and
operate an unenclosed sidewalk
café at 1407 Second Avenue in the
Borough of Manhattan, for a
term of two years.

REQUESTS FOR COPIES OF THE PROPOSED
RECOVERABLE CONSENT AGREEMENT MAYBE
ADDRESSED TO: DEPARTMENT OF CONSUMER
AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY,
NEW YORK, NY 10004

**SEARCH IT.
FIND IT.
BUY IT.**

**“I FEEL LIKE
A FISH
WITH NO WATER.”**

**-JACOB, AGE 5
DESCRIBING ASTHMA**



You know how to react to their asthma attacks. Here's how to prevent them.

1-866-NO-ATTACKS

EVEN ONE ATTACK IS ONE TOO MANY.

For more information log onto www.noattacks.org or call your doctor.



Pain At The Pump? But No Reason For Pain In Your Body Anymore!

New Technology Relieves Nerve Pain From Stenosis, Sciatica & Herniated Discs, Peripheral Neuropathy - Even Diabetes!

In this doctors opinion, the best breakthrough treatment for serious nerve and disc pain of our age is NOT surgery, but a non-surgical, safe & painless, state-of-the-art technology now available in New York City.

New York, N.Y.

Alert For Nerve Pain Sufferers

There may not be a cure for gas prices this summer, but if you are suffering from pain in your back, neck, numbness and tingling down your legs or in your hands - read on.

For many chronic pain sufferers the discomfort can start slowly. You can feel a dull pain, a little bit tingly or notice some numbness. But over time the pain, numbness or tingling can get much worse AND it can bother you more often. You may have to limit your activities because:

- Sitting Hurts
- Standing Hurts
- Walking Hurts
- Bending Hurts
- Working Hurts
- For Some Sufferers
It Hurts to Lie Down!

If you suffer these symptoms it is normal to be depressed, frustrated and worried. You can stay up nights, unable to sleep, worried because the pain won't go away, anxious that it will affect your job, family or ability to enjoy life.

You've probably gone to doctors, right? So why do you still have symptoms?????

**FACT #1: Many Treatments FAIL
Because They're Too Simplistic!**

One thing I hear often from new patients is:
"I've Tried Everything & Nothing Helps!"

You may have tried:

- | | |
|-----------------------|----------------|
| - Orthopedics | - Chiropractic |
| - Anti-Inflammatories | - Accupuncture |
| - Pain Killers | - Exercise |
| - Muscle Relaxers | - Yoga |
| - Neurology | - Bed Rest |
| - Physical Therapy | |

Let's face it, pills and shots and other potions may be effective at the beginning of an injury, but they are no way to live in the long term. They can cause side-effects and don't fix the root cause of your problem.

Hi, this is Dr. Nicholas Ungaro, DC and Dr. Christopher Mango, DC and we are offering you a comprehensive analysis to determine why your still in pain despite following your doctor's advice.

We are offering you a Free Consultation & Examination to determine if you are a candidate for our non-surgical computerized treatment for bad discs and nerve pain!

A common cause of nerve pain are discs or bones that are pressing upon nerves. If the nerves in your neck are being irritated you can feel numbness, tingling and pain down your arms and into your hand. If the nerves in your back are being injured you can feel pain, numbness and tingling down your legs and into your feet. If your condition is deteriorating (and these conditions do) you will notice weakness or lack of coordination of your hands and feet.

Our techniques have proven very effective in treating sciatica, stenosis, disc bulge and herniation, peripheral neuropathy, carpal tunnel syndrome,

*Via Motorized Traction for Chronic Discogenic
Low Back Pain*

Pain Practice, Vol 6, Issue 3, 2006 171-178

Alex Macario, MD, Stanford University
Joseph Pergolizzi, MD, Johns Hopkins University & NEMA Research, Inc.

*Effectiveness & Safety of Non-surgical Spinal
Decompression*

**The Journal of Medicine, December 2008,
Vol. 1, Issue 1**

• John Leslie, MD, Mayo Clinic Arizona

*Restoration of disk height through non-surgical
spinal decompression*

BMC Musculoskeletal Disorders 2010, 11:155

**International Studies From: Russia, India,
Japan & Korea**

osteoarthritis, DJD and more.

During the Free Examination & Consultation that we're offering you we will:

1. Review your old medical records and diagnostic reports - bring what you have for your consultation.

2. Assess the cause of your pain.

3. Determine the underlying conditions that led to your pain. In other words, tell you how this happened to a nice person like you!

4. Evaluate whether you are qualified to receive our modern treatment technologies including Non-Surgical Spinal Decompression.

And that's why I'm giving you for a limited time an opportunity that could change your life....



Like Mr. Weber, Most Serious Back Pain Sufferers Are Very Skeptical Of This New Procedure, As Skeptical As I Was When I Purchased My First Decompression Machine, So If You Are Skeptical... See What Some Of Our Patients Who WERE Good Candidates Have Had To Say About Our Program:

My name is Dale. I'm a Verizon telephone field technician. I was hurt on the job when a piece of flooring in the building collapsed. I had broken bones and hurt my back. Over the years, I've had manipulation under anaesthesia, chiropractic, physical therapy, orthopedists, dozens of epidurals on my spine, botox in the muscles of my back. Doctor's wanted to do surgery, not something I wanted to do. I saw the ad in the newspaper, I said I'll give it a shot. I was very skeptical at first. I've been coming here for about 5 weeks, doctors here are great, staff treats you like family. I'm down about 75% of my pain in the back. It's phenomenal. I'm sleeping a 100 times better. No sleeping pills, I was almost living on them. I'm thrilled. Give it a shot, the only thing you have to lose is your pain.

**Thank you,
Dale Eadeh, Staten Island, N.Y.**

"I had terrible low back and hip pain. It affected my daily activities, just walking hurt. I hadn't had a good night sleep in a long time. I tried everything under the sun!! I tried P.T., prescription medication, acupuncture, epidural injections, etc, etc. Now, I find myself SKIPPING - I haven't moved this fast in a long time. My sleep is improving too."
Rochelle Flowers, Queens, N.Y.

SPACE IS LIMITED

Call Today to Schedule Your Evaluation!

- Covered by Most Insurance Companies
- Breakthrough Treatment is Safe, Painless, and Requires NO Surgery.

Call Today!

646-395-9134

www.betterbodysolutions.com

Expires 4/20/12

BETTER BODY SOLUTIONS
535 Fifth Avenue. • Suite 920 • New York, NY